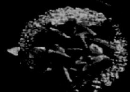




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Food, Page 1C



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# Granite City Journal

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SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

VOLUME 22, NUMBER 14

WEDNESDAY, FEBRUARY 25, 1998

FIFTY CENTS

## When moldy is good

### Students find interesting ways to learn science

By Scott Cousins  
Staff writer

Can you take a picture just as well with a throw-away camera as with a \$400 one? Does the Energizer bunny does keep going and going?

Will the "greasy graph" tell you which fast-food chain has the greasiest fries?

These and other questions can and have been answered by students participating in the annual Granite City School District's Science Fair.

Judging on about 650 entries was held Friday at Prather Elementary School by high school science students and their sponsors.

"We are trying to encourage the scientific process," said Cindy Mills, chairman of the district's science fair. "Hypothesis, problem solving, statements, all of the trials, the procedures, the conclusions and so forth."

"I think that this develops higher level thinking skills, and those skills can be used not only in science, but in other parts of life."

While winners are not sent on to regional competition at SIUE's science fair, they may compete on their own.

Competition is by grade level, and is judged by honors science students from Granite City

*"I think that this develops higher level thinking skills, and those skills can be used not only in science, but in other parts of life."*

Cindy Mills  
Science Fair chairman

High School.

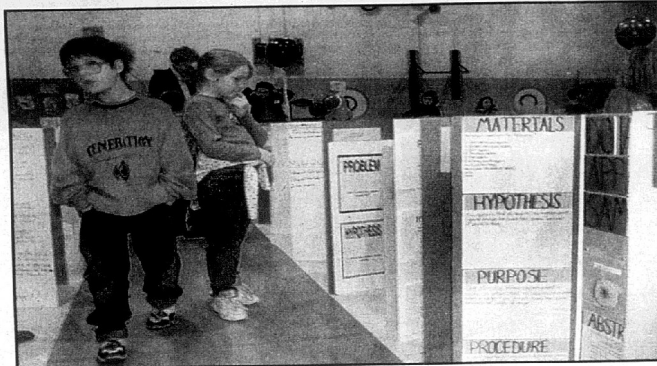
Bob Cowan, chairman of the science department at GCHS, said judging went smoothly this year.

"The kids take it pretty seriously and do a wonderful job," he said.

Cory Simpson, one of the judges and a former science fair competitor, said he was impressed by many of the entries.

"I think there are some very interesting science projects here," Simpson said. "We've

(See FAIR, Page 6A)



Staff photo by JOHN FRESE

Prather School third graders Chris Hughes and Chelsea Royer wander through the science projects on display in the School District 9 Science Fair.

## CYHS names new board members

By Scott Cousins  
Staff writer

Two new board members were recently appointed for Coordinated Youth and Human Services — one of them the third generation of his family to serve on the board.

Michael Allen, 39, who works for the Madison County Probation Office, and Ed Hagnauer, 45, a Granite City fire fighter, were appointed to the board.

Allen is the third generation of his family to serve on the board. His grandfather Milton Allen served on the board for several years, and his father, attorney Richard Allen, is a current board member.

"I think they have a lot of beneficial programs to offer to the community," he said.

*"I think they have a lot of beneficial programs to offer to the community."*

Michael Allen  
CYHS board member

He said establishing new programs and maintaining current programs will be his priorities.

"Michael brings tradition, yet additional professional experience for the past eight years with Madison County Probation and Court Services," said Executive Director Cindy Gavitsky. "He is a native and resides in Granite City with his wife Pam and daughter."



Staff photos by JOHN FRESE

The new members added to the board of Coordinated Youth and Human Services over the last year, Rodney Lupardus M.D., Ed Hagnauer and Marcus Allen join board president Kathy Clark. Members Ray Romine and Ed Borderhausen were not available for the picture.

Hagnauer said youth are important, and that he is eager to learn about existing programs.

"I think it's very important to the community that

the youth have programs to help them, to push them in the right direction," he said.

"Ed's eighteen years of experience in labor and union representation should

serve to accentuate the needs of the board," Gavitsky said. "He too represents a lifelong history of family community service."

(See YOUTH, Page 7A)

## Shooting, stabbing plague Venice bars

By Scott Cousins  
Staff writer

Venice police intend to seek felony charges against two people in unrelated shooting and stabbing incidents at local bars early Saturday morning.

A 24-year-old Venice man was shot several times in the chest with a .38 caliber handgun after an argument at Club Venice, 740 Broadway. The victim was listed in stable and good condition in a St. Louis area hospital.

According to reports, at about 2:30 a.m. Saturday police received a report of a shooting at the tavern. When they arrived, police found the victim laying on the ground with multiple gunshot wounds to the chest.

Several witnesses identified the suspect, who allegedly sped from the scene in a Nissan Maxima.

The victim was taken to St. Elizabeth Medical Center in Granite City and later airlifted to a St. Louis hospital.

A 36 caliber handgun was recovered at the scene. Police said they were unsure exactly why the shooting occurred.

"It was some type of verbal argument between the suspect and victim in the lounge prior to them leaving," said Police Chief James Newsome.

(See BARS, Page 7A)

## Drive-through incident nets weapons charges

By Scott Kelly  
Staff writer

Felony charges were handed down Monday against one local man and an Indianapolis woman in two unrelated incidents.

Donnie R. Revelle, 38, of the 2200 block of Lynch in Granite City was charged Monday with one count of unlawful use of a weapon.

According to police reports, Revelle and a companion at about 1:30 a.m. early Monday pulled up to the drive-through window at the Jack in the Box on Nameoki Road to wait for an order. At one point Revelle pulled open the window and

reached inside to talk to the fast-food employees. One employee told Revelle that "that will get you shot in some places."

To that Revelle allegedly said that he had a gun, raised the revolver, waved it in the air and started ranting.

A second employee observed Revelle with the gun. The truck's passenger apparently told his friend to stop several times.

A customer, seeing the two

(See POLICE, Page 6A)

## In the Journal Index

Local news.....3A Sports.....1B  
Tax Help.....5A Community Calendar.4B  
Obituaries.....7A Entertainment.....7B  
School News.....8A Classified.....1C

**5 FULLER'S FORECAST**  
John Fuller, Meteorologist, KSDK-TV Channel 5  
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WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
58 49	53 42	50 38	36 34

## Entrepreneur Lanter dies at 64

By Scott Cousins  
Staff writer

Wayne E. Lanter, 64, the Belleville businessman who started as a milkman and built his company into one of a half-dozen "national players" in the specialty warehousing and distribution business, died Monday, Feb. 23, at Barnes Hospital in St. Louis.

He is survived by his wife, Jean C. Lanter, and five children.

In addition to his business, headquartered in Madison, Lanter was a board member of Magna Bank, St. Elizabeth Medical Center in Granite City and McKendree College. In 1996 he was the recipient of the college's Excellence in Enterprise Award and recognized by Ernst & Young as an Entrepreneur of the Year in 1993.

Lanter, president and CEO of his company, was also involved in numerous community and charitable organizations,

including the United Way, the YMCA, and the Catholic Church.

In a 1996 *Journal* interview, Lanter said he started by delivering milk door-to-door from 1952 to 1954. In 1954 he purchased a larger truck and started distributing dairy products to local stores.

In 1970, being in the right place at the right time, with the right experience, allowed Lanter to expand his business.

(See LANTER, Page 6A)

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## Grant monies will fund computer lab, program

By Scott Cousins  
Staff writer

The Madison School District is expecting to receive about \$224,000 in grants to fund a multimedia computer lab and continue its staff development program.

The grants come through the Illinois State Board of Education.

The district will receive about \$122,000 as part of the state's Technology Integration Program.

"The primary goal is to develop, equip, and train staff to operate a multimedia computer lab at Madison High School," Superintendent Gary Allison told the school board. "As envisioned, the lab will be open for community participation several evenings a week."

The district had been approved for a similar program last fall, but Allison said "substantial" changes

***The primary goal is to develop, equip, and train staff to operate a multimedia computer lab at Madison High School.***

Gary Allison  
Superintendent

had to be made in the grant application in order for the district to qualify for the program.

He said the project was still in the planning stages. The district is also expected to receive about \$112,000 of a requested \$133,000 grant under the Goals 2000 Staff Development Program.

"This grant will be used to continue the current program of 'self-renewal,'" Allison said. "This program has evolved over two years."

"In its current form, teachers grouped themselves in fours by interests in

either Strategies that Inspire Active Instruction, Workshop Way, or an approved individual development plan."

Each Wednesday, students are dismissed about 50 minutes early to allow each team an opportunity to meet and collaborate on self-development programs.

"Each team has a facilitator who receives a stipend and prepares agendas, meeting minutes and attends monthly meetings with all facilitators, administrators and a consultant to share successes and resolve concerns," Allison said.

## 2 arrested on outstanding warrants

By Scott Cousins  
Staff writer

Two people, including one wanted for a sexual assault on a child, have been arrested on outstanding warrants in Venice.

Georgina M. Grzechowiak, 33, of St. Louis, and Terry C. Martin, 23, of the 3100 block of West Chain of Rocks Road, were both taken into custody after a traffic stop at about 2:20 a.m. Monday morning.

Grzechowiak was wanted for failure to appear on a traffic offense and two counts of unlawful possession of drug paraphernalia.

Martin was wanted on a Madison County charge of predatory criminal sexual assault, with bond set at \$100,000.

### VENICE

A warrant was issued against Martin on Feb. 5 out of charges filed by the Troy Police Department.

According to reports, an officer saw a vehicle driven by Grzechowiak traveling at a "very high" rate of speed on Baucum Avenue. The officer eventually stopped the car near the intersection of West Second Street and Franklin.

A record check showed both the driver and passenger were wanted.

The driver was "incoherent," and the car showed signs of a recent crash, the officer's report stated.

In addition to the outstanding

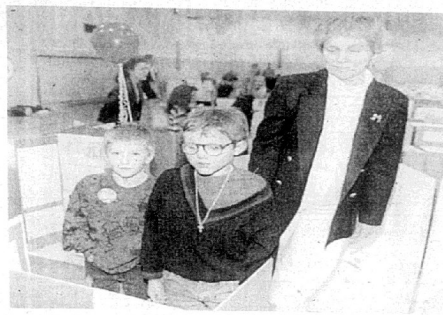
ing warrants, Grzechowiak was charged with having no valid drivers license and disobeying a stop sign.

In other police reports, three people were arrested for illegal possession of cannabis.

The three, from the Jersey County area, were arrested after the driver of a pickup truck attempted to go through the automatic toll lane at the McKinley Bridge. Pick-up trucks are prohibited in the automatic toll lane.

An officer saw the incident and stopped the truck. When he attempted to talk to the driver, he noticed a strong odor of marijuana coming from the vehicle.

The driver and two occupants were released after being charged.



Staff photo by JOHN FRESA

## 'Sister E' to perform at Venice seniors' center

The Silver Bells Senior Citizens of Venice features Eunice Hardman, also known as "Sister E," at its Black History Month Celebration at 10:30 a.m. Thursday at the Venice Senior Citizens Center, Brown and Klein streets.

Sister E, a former Venice resident, is gifted with a dynamic voice. She will present her own poetry and prose.

She presented her recording, "Sister E's Learning Shop for Children 2 Years and Up," on radio station KSTL-AM 960 on Feb. 21. Her learning workshop contains nursery rhymes

and a self-esteem story entitled, "Bongo Goes to Africa."

Sister E graduated from State Community College in East St. Louis and McKendree College. She is a favorite at the Jaki Bakari Institute's Kwanzaa celebration. She also has appeared at the Children's Academy of the Clifford Wilson Center in St. Louis.

Also on the program will be a favorite "diva" from the Madison/Venice area, Darnice Franklin, who will render musical selections. The public is welcome.

## Teens will fast for 30 hours

By Scott Kelly  
Staff writer

Numerous area teens will go hungry for 30 hours this week to help fight hunger and poverty worldwide.

More than 20 teens in the youth group at Calvary Pentecostal Assembly, 4650 in Granite City, will join teens from across the United States and

Canada on Thursday and Friday to participate in the 30-Hour Famine.

Family, friends and neighbors pledge money for the cause. In the past two years, the Calvary youth group has raised more than \$3,500.

"Our goal is to raise \$2,500," said Mark Goins, youth pastor at Calvary. "All of the money will go to World Vision; we

don't keep any of it."

World Vision is the organization that holds the annual event.

"We'll be here at Calvary in a lock-in all night," Goins said.

The youths, junior high through college-age, will fast together, grow plants with videos and studies to help

(See FAST, Page 3A)

## Fair

(Continued from Page 1A)  
learned a lot and we were very impressed that young students could make scientific discoveries on their own."

He was looking over a sixth-grade experiment in hydroponics and growing plants with-

"I never did any good," he added. "Now I understand why I didn't do any good. They want you to learn about the scientific method, and I never incorporated that into my topics."

Valerie Hanks, another judge, said she also competed in science. "I always failed at these projects, but I had a knack for science," she said.

Hanks had spent most of

her day judging fourth-grade entries.

Dennis Holland, a GCHS senior, was doing his second year of judging.

He said many of the projects were similar in nature, and had a lot of common themes.

"We had a lot of the floating projects — growing mold on bread," he said. "But we had a lot more creativity and a lot more originality."

In one case, a sixth-grade student grew bacteria in milk set out at room temperature.

"He found no change after the first day, on the third day he began to find chunks," Holland said. "Especially in the grade school age, it's really interesting finding mold on bread and chunky milk."

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## NEWS

## OBITUARIES

## Ernest Goeller

ERNEST J. GOELLER, 67, of Granite City died at 11:15 a.m. Friday, Feb. 20, 1998, in Granite City.

Mr. Goeller was born Feb. 3, 1931 in Vienna, Mo. He had been a retired crane operator at Granite City Steel, and a member of the Holy Family Catholic Church.

Survivors include his wife, Burdell "Dell" (Rucker) Goeller; two brothers, Larry Goeller of Dixon, Mo., and Clarence Stephens of Granite City; five sisters, Mary Singleton of Mitchell, La., Etchison of Greenville, Joyce Stephens, Rita Hull, and Norma McKay of Granite City. He was preceded in death by his parents, Clarence and Helen (Subbier) Goeller.

He was preceded in death by his parents, Clarence and Helen Subbier, and one brother, Olan Goeller.

Services were Tuesday, Feb. 24, at Holy Family Catholic Church in Granite City with Rev. Fisher officiating. Burial was at the National Cemetery, Jefferson Barracks.

Memorials may be made to the Masses.

## Amy Prussman

AMY M. GRITTMAN PRUSSMAN, 93, formerly of Granite City, died Feb. 9, 1998, at Lenexa, Kan.

Mrs. Prussman was born on Aug. 5, 1904, in Toledo, Ohio. She was a retired Granite City School teacher.

Survivors include one son, Paul Prussman of Honolulu, HI.

She was preceded in death by her husband, Henry Prussman; parents, Azell and Amy (Henderson) Britten; four sisters; and two brothers.

Arrangements were handled by Shields Funeral Home in Greenfield, with the burial at Oakwood Cemetery.

## Wayne Lanter

WAYNE E. LANTER, 64, of Belleville died Monday, Feb. 23, 1998, at Barnes Hospital in St. Louis.

Mr. Lanter was founder and CEO of Lanter Company and a board member of Magna Bank, St. Elizabeth Medical Center in Granite City and McKendree College.

He was recognized by Ernst and Young as an Entrepreneur of the Year in 1993. He was involved in several community and charitable organizations, including the United Way, the Y.M.C.A., and the Catholic Church.

Survivors include his wife, Jean (Pfingmeyer) Lanter; mother, Elsie (Schubkagall) Lanter; children, Kim Friedman of St. Louis, Sheri Strauss of Chesterfield, and Steve Lanter, Jeff Lanter, and Stacie Royer, all of Belleville; a brother, David Lanter of Kansas City, Mo.; a sister, Ann Glaze of Belleville; and 12 grandchildren.

He was preceded in death by his father, Arthur Lanter.

Services were scheduled for Monday, Feb. 25, with procession from Kurus Funeral Home in Belleville to St. Teresa Catholic Church in Mass, with Rev. Donald Eickense officiating. Burial was at Greenmount Catholic Cemetery in Belleville.

Memorials may be made to St. Elizabeth Medical Center in Granite City or the American Cancer Society.

## Geneva Provo

GENEVA (HERREN) PROVO, 87, of Cahokia died at 12:08 a.m. Wednesday, Feb. 18, 1998, in Cahokia.

Mrs. Provo was born on Dec. 9, 1910. She had been a seamstress for Hall Rag Factory in St. Louis.

Survivors include two sons, Roy Robertson of Floral, Fla., and James Robertson of Jacksonville, Fla.; one brother, Norman Herren of Vermilion, S.D.; nine grandchildren; and 11 great-grandchildren.

She was preceded in death by her first husband, James Robertson; second husband, Gus Provo; her parents, George and Flora Herren; one daughter, Ruth Burns; two sisters, Margaret Wilson and Leona Herren; and one brother, Harold Herren.

Services were Monday, Feb. 23, at St. John Cemetery in Dongola, Ill., with the Rev. Bill Owen officiating.

Memorials may be made to the American Cancer Association.

## Dolores Brisky

DOLORES M. (THEBEAU) BRISKY, 75, of Collinsville died at 5:37 a.m. Sunday, Feb. 22, 1998, at Emerald Garden Health Care Center in Lebanon. She was born Nov. 18, 1922, in

Granite City. Mrs. Brisky was a member of the St. Peter and Paul Catholic Church in Collinsville and the Altar and Rosary Society.

Survivors include her husband, Charles Brisky; two sons, Larry Brisky of Granbury, Texas, and Jack Brisky of Highland; one sister, Agnes Vivod of Collinsville; six grandchildren and one great-grandchild.

She was preceded in death by her parents, Frank and Mary Alpha (Bourtsaw) Thebeau.

Services will be 11:30 a.m. Wednesday, Feb. 25, at Herbert A.

Kassly Funeral Home Ltd. with the Rev. Michael Jenkins. Burial will be in Jefferson Barracks National Cemetery in St. Louis.

Memorials may be made to the Alzheimer's Disease and Related Disorders Association.

Lucille Roberts

LUCILLE (MITCHELL) ROBERTS, 75, of Granite City died at 11:30 a.m., Feb. 20, 1998.

Mrs. Roberts was born on Jan. 9, 1923, in Grand Tower. She had been a member of the Unity Chapel, and was a spiritualist minister during

the 1970s and 1980s. Survivors include five daughters, Betty Hackney of Freeburg, Virginia; Butry of St. Jacob, Florida; Mathenia, Brenda Brooks, and Marcella Luckisha all of Granite City; two sons, William Roberts of Granite City, and Keith Roberts of Brighton; one brother, Leroy Mitchell of Murphysboro; one sister, Essie Fox of Murphysboro; 16 grandchildren; and 11 great-grandchildren.

She was preceded in death by her husband, William Roberts; Sherman and Fronia Mitchell; and one son, Paul Roberts.

Services were held on Monday (See DEATHS, Page 7A)

Survivors include five daughters, Betty Hackney of Freeburg, Virginia; Butry of St. Jacob, Florida; Mathenia, Brenda Brooks, and Marcella Luckisha all of Granite City; two sons, William Roberts of Granite City, and Keith Roberts of Brighton; one brother, Leroy Mitchell of Murphysboro; one sister, Essie Fox of Murphysboro; 16 grandchildren; and 11 great-grandchildren.

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# NEWS

## Police

(Continued from Page 1A)  
employees getting upset, went to the counter and saw Revelli with the gun.

Finally, an employee closed the drive-through window and called police.

An officer was dispatched to the Jack in the Box and saw two men in a pickup truck in the drive-through, and saw that the driver had a gun.

The officer ordered the two men out of the truck at gunpoint.

The driver, Revelli, told the officer that he did have a gun but was only joking around.

Upon searching the truck the officer found an unloaded stainless steel .38 Special, plus 22-caliber ammunition.

The passenger was released without being charged. Revelli is currently in Madison County Jail on bond of \$10,000.

In an unrelated incident, a Granite City police officer stopped a car at 7:10 p.m. Sunday for having an obstructed windshield.

According to police reports, officers saw one open and two full cans of Colt 45 Malt Liquor on the passenger floor.

The officer asked if the driver was drinking, and he said no. Officers then asked if they could search the vehicle, and was given permission by the driver.

While searching, an officer discovered sticking out of a purse a .380-caliber semi-automatic pistol, with six rounds in the magazine but no round chambered.

Officers then arrested Theresa S. King, 45, of Indianapolis, Ind., for unlawful use of a weapon.

She is being held on \$5,000 bond.

A third indictment was handed down Monday against Arthur K. Gibbean, 37, who is charged with one count of retail theft of over \$150 for allegedly stealing from the Granite City Kmart.

Bond has been set at \$5,000.

## Lanter

(Continued from Page 1A)  
"Swift & Co. had a packing company in St. Louis and were looking for a trucking company with experience in refrigeration," Lanter said then.

"I think we came into our niche in 1970."

He expanded operations into the Kansas City area in 1974 and started diversifying in 1979.

One of the first new areas was candy distribution.

Lanter said because of problems with temperature control, many chocolate companies did not even ship during the summer.

He also said having the right attitude was important.

"The customer is always right and we do whatever we need to do," he said.

The funeral procession will begin at 10 a.m. today, and will go from Kurrus Funeral Home, 657 N. 57th St. in Belleville, to St. Teresa Catholic Church.

A Mass will be celebrated at 10:30 a.m. at the church, and burial will be at Greenwood Catholic Cemetery, Belleville.

Other survivors include his mother, Elise (Schubkagal) Lanter; children Kim Friedman of St. Louis, Sheri Strauss of Chesterfield, and Steve Lanter, Jeff Lanter, and Stacie Royer, all of Belleville; a brother, David Lanter of Kansas City, Mo.; a sister, Ann Glaze of Belleville; and 12 grandchildren.

Memorials may be made to St. Elizabeth Medical Center, Granite City, or the American Cancer Society.

## Zoo

(Continued from Page 2A)  
hedgehogs, guinea pigs and tortoises, Seyfried said. The Zoo also will rotate other Zoo animals through a series of glass-enclosed displays.

The new building is being constructed as an addition to the existing Children's Zoo building, which will remain in use for research, animal housing and other uses. McGuire said the Zoo's own staff is handling almost \$700,000 worth of the work. Hankins Construction is the general contractor.

The Children's Zoo is only one part of the Zoo seeing construction activity.

"Out of 90-plus acres, we have 14 acres under construction," McGuire said. That construction includes work on the River's Edge display, replacing the current elephant exhibits. The Zoo is also enlarging its gift shop and improving the central walk area with new paving and lighting.

"We expect to have a major exhibit opening every year for several years," McGuire said.

# Venture End Of The

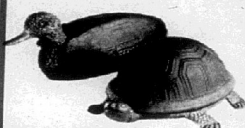
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**50% OFF**

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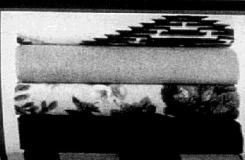
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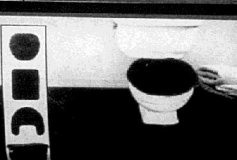
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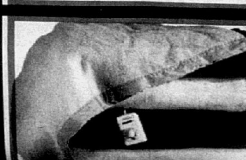
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**40% OFF**

ENTIRE STOCK CLASSIC BOUCLE & SOFT TOUCH RUGS. Reg. 6.99-39.99, sale 4.19-23.99.



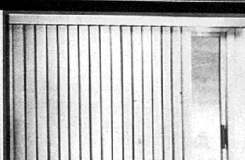
**30% OFF**

ELECTRIC BLANKET, BEDWARMER, MATTRESS PAD OR CLODE-UP HEATED THROW BLANKET. Sale 24.49-62.99.



**30% OFF**

ENTIRE STOCK FEATHERBEDS. Reg. 24.99-69.99, sale 17.49-48.99. Choose from solid-style, tufted-style or featherbed covers.



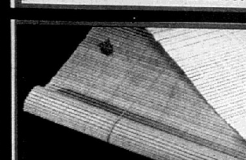
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ENTIRE STOCK READY-MADE VERTICAL BLINDS. Reg. 19.99-74.99, sale 11.99-44.99. Choose fabric or vinyl.



**1.99 SALE**

23X42" LIGHT-FILTERING MINI-BLINDS. Reg. 3.99. \*Other sizes light-filtering mini-blinds, sale 3.99-17.99.



**2 for \$5 SALE**

30X48" VINYL ROLL-UP BLINDS. Reg. 4.99 each. In white, hunter or wood grain. \*Other sizes, sale 5.99-12.99.



**33% OFF**

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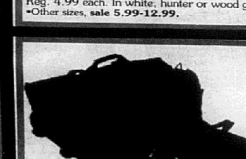
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**20% OFF**

ANY TABLECLOTH. Reg. 3.99. \*Other sizes light-filtering mini-blinds, sale 3.99-17.99.



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LEGACY ROLLING DUFFEL BY AMERICAN TOURISTER. Reg. 29.99, sale 19.99. Sturdy wheel system. Shoulder strap & exterior pockets.



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ENTIRE STOCK EXERCISE WALKERS. Reg. 99.99-199.99, sale 74.99-149.99.



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## NEWS Deaths

(Continued from Page 4A)  
Feb. 23, at Werner Chapel in Granite City, with Rev. Ellen Hues officiating. Burial was at St. Clair Memorial Park.  
Memorials may be made to the Unity Chapel or the American Cancer Society.

**Pansy Palmer**  
PANSY B. (LASWELL) PALMER, 70, of Granite City died Wednesday, Feb. 18, 1998, at Fort Walton Beach, Fla.

Mrs. Palmer was a member of St. Elizabeth's Catholic Church in Granite City, Women of the Moose lodge 1348 in Wood River and the Eagles Auxiliary 1051.

Survivors include her husband, Thomas Palmer; one son, Thomas Palmer Jr.; and one grandchild, Kendall Palmer.

She was preceded in death by her parents, Charles and Effie (Dunn) Laswell; four brothers and two sisters.

Services were Tuesday, Feb. 24, at St. Elizabeth's Catholic Church in Granite City. Burial was in Lake View Memorial Gardens.

Memorials may be made to the American Diabetes Association. Lake View Funeral Home handled the arrangements.

## Youth

(Continued from Page 1A)  
Hagnauer and his wife Paula are heavily involved in community fund raisers through the firefighters' union.

In other recent action, the CYHS board appointed new officers for 1998. They are: Kathy Clark — president; Dr. Gary Allison — vice president; Dr. Rodney Lupardus — secretary; and Robert Martinez — treasurer.

The agency provides programs, facilities and personnel to promote the needs of youth, their families and others. Programs include health, education, and prevention services.

Health programs are through the Women, Infant & Children program; and AIDS prevention, counseling and case management services.

The agency also provides educational programs for at-risk students from local school districts, and counseling for chronic truants.

## Fast

(Continued from Page 3A)  
them learn about hunger and what they can do to help others.

In 1997, more than 500,000 American youths raised more than \$5 million through the 30 Hour Famine.

Doug McGlashan, national director of the 30 Hour Famine, has seen the program grow dramatically over the past few years.

"Young people in this country have enormous compassion for children and families in need," he said in a prepared statement. "The more they learn, the more they become committed to making a difference in their world."

"We can all learn from their example and enthusiasm," he said.

For more information on Calvary's 30-hour Famine, call 931-4106, or call World Vision at (800) 7-FAMINE, or visit their Web site at [www.30hour-famine.com](http://www.30hour-famine.com).

## Bars

(Continued from Page 1A)  
Newsome said the suspect had a long criminal history, including serving a prison sentence for a previous shooting.

Police were waiting to talk to the victim and expected to receive written statements from several witnesses.

About two hours earlier, police responded to a report of an unrelated disturbance at the Robin's Nest.

A 44-year-old man was allegedly stabbed by a former girlfriend in the parking lot of the Robin's Nest, 113 Slough Road. He was treated for stab wounds in the leg at St. Elizabeth Medical Center in Granite City and then released.

As police arrived at the scene, officers reported a car left the bar's parking lot with the stabbing victim.

The suspect had also left the scene, and was later arrested at Venice Homes.

The suspect, 27, said she had been at the bar with friends, saw the victim and started to argue about child support. She said the argument turned into a fight, and she became afraid of the victim and pulled a pocket knife, stabbing him in the leg.

Both the victim and a witness, his current girlfriend, said the suspect ran out from behind a van and started stabbing him with no warning.

Police expected to go to the Madison County State's Attorney's office for charges Tuesday or Wednesday.

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Granite City Glass  
1832 Madison Ave.  
877-5400

# HONOR ROLLS

The following students at **PROHARDT ELEMENTARY SCHOOL** in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 5 — Megan Anders, Kristie Ballard, Megan Barrios, Brandon Beasley, Alicia Bodkin, Amber Brown, Michelle Cluts, Kelli Comer, LeAnn Doty, Stephanie Drennan, Reva Edmond, Russell Goodman, Amanda Harrison, Daniel Heck, David Heck, Christopher Heintz, Laura Hildebrand, Deanna Honafius, Jon Houston, Kandice Kosyodor, Ashley Kuehnell, Julie Lange, Brittney Laub, Jennifer Lloyd, Russell Lockridge, Holly Lupardus, David McCoskey, Chris McIntyre, Elizabeth Moulton, Shannon Mueller, Charles Murphy, Ian Nichols, William Patterson, Kristan Randall, Jennifer Ray, Jessica Ray, Ashley Roberts, Whitney Ruebsaun, Katherine Simon, Amy Simpson, Hannah Sparks, Tessa Stratton, Alyson Streid, Emily Svezia, Andrea Szorink, Danielle Thebeau, Joseph Warchohl, Kelsha Wentz.

Grade 5 — Erica Ashley, Brittany Brancum, Natasha Brewer, Rachel Clark, Adam Conner, Casey Curless, Amanda Dowdy, Lauren Eilers, Kevin Faulkner, Danielle Fazil, Emily Fulton, Bryan Fulton, Sean Glenn, Brian Grace, Shari Gravelle, Christina Halwachs, Rachel Harris, Sasha Koelker, Alex Kwiatkowski, Zachary Lesser, Jacob Long, Monica Mathis, Jennifer Mill, Kristopher Munger, Adam Nonn, Stacy Orris, Karolyn Page, Lindell Presley, Scott Randall, Alice Richardson, Emily Smallman, Brandon Takacs, Kasey West, Kyle Worthen, Laura Zinsinger.

Grade 4 — Kyle Beasley, Heather Bodkin, Christine Bracamonte, Matthew Grimer, Brittany Davidson, David DeWitt, Mitchell Dowdy, Ashley Drury, Ashley Evanson, William Ellington, Michael Fryka, Susan Hammond, Chad Harris, Taylor Hay, Kelsey Johnson, Kevin Laub, Cory Lindsey, Stephen Loyd, Eric Lupardus, Clintont Mueller, Ian Nesbit,

Chad Patrick, Joshua Pritchard, Andraya Rees, Joshua Rice, Kenneth Rodgers, Emily Settlement, Lisa Smith, Kassandra Stoops, Kristen Swalley.

The following students at **LAKE ELEMENTARY SCHOOL** in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 4 — Jennifer Colter.

Grade 5 — Emily Cross, Crystal Lakin, Samuel Birken, William Campbell, Jessica Miles and Amanda Wright.

Grade 4 — Crystal Bell and Danielle Dennis.

Grade 5 — William Allsup, Drew Arbogast, Demarco Bell, Donnie Beashear, Ashley Burley, Monique Dawdy, Carolanne Edwards, Megan Fote, James Gerber, Daniel Hancock, Mat Holloway, Jennifer Odom, Tiffany Stensperon, Rachelle Valencia and Heather Wolfe.

Grade 5 — Ackley Ahring, Jessica Hayden, Ashley Marshall, Jessica Thebeau, Natalie Wilson, Robbie Cross, Anthony Davault, Keith Davis, Evelyn Dawson, Corey Doty, James Elmore, Christopher Fulton, Candace Galtbar, Brandy Glynn, Narizza "Nena" Hernandez, Armand Jackson, Christopher Ogden, Rachel Patton, Jessica Perryman, Brad Price, Elizabeth Smith, Tabitha Smith, Loren Taylor, Kevin Venable, Richard Waeltner and Lisa Wise.

The following students at **MARSHALL ELEMENTARY SCHOOL** in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Heather Angle, Jeremiah Angello, Michele Baker, Joshua Borkowski, Fawn Cook, Bradley Davenport, Amanda Dione,

da, Amy Dione, Lisa Drennan, Andrew Gehling, Janna Griffin, Rebecca Hosmer, Aaron Huffman, Brandon Martin, Jonathan Morten, Alex Rigby, Nicole Rushing, Kevin Schneidde, Summer Weiss and Anthony Wilson.

Grade 5 — Tammy Brewer, Lacey Gambin, James Kristoff, Bruce Miller, Jennifer Simpson, Philip Willis, Stacey Wise and Kristiana Wolf.

Grade 4 — Jessica Arnold, Michael Basserman, Jeremy Briggs, James Drennan, Roxanne Mathenia, Deborah Migneron, Lorren White, Ali Willis and Andrea Young.

The following students at **MARYVILLE ELEMENTARY SCHOOL** in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Jessica Aiello, Rebecca Ambuehl, Zachary Birch, Chad Feeney, Stacey Flanigan, Amanda Hayes, Katherine Hoffman, Ronnie Mull, Holly Odom, Darren Paschedag, Brad Stone, Ashley Stroder, Jennifer Thomas, Jared Warren, Rachael Wilbur and David Wyckoff.

Grade 5 — Jessica Bruno, Jessica Callender, Kristalyn, Sandra Crook, Danielle Fuhrman, Candice Fuller, Ryan Jones, Lydia Kamphoefner, Jessica Martin, Sunny Munro, Thomas Nance and Amanda Saltsgraver.

Grade 4 — Leslie Barton, Kane Becker, Ronald Briggs, Laura Brown, Marley Coghlan, Chad Copeland, Dominique Culver, Stephanie Cuvar, Amber Deaton, Anthony Duff, Grant Falter, Joshua Feeney, Antoine Huether, Bradley Johnson, Sarah Jones, Christopher Klimer, Kathryn Kitchell, John Lengyel, Daniel McBride, Scott Mayes, Megan Morris, Amber Morrison, Zachary Paul, Kelly Phelan, Jennifer Ritchie, Mikayla Sterritt, Matthew Turck, Holly Warren, Valerie Whitehead, Deanna Wiggins and Shawn Worthen.

The following students at **MITCHELL SCHOOL** in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Chris Baugh, Alan Boone, Stacy Gelp, William Connolly, Jessica Curtis, Bryan Frost, Courtney Goor, Michael Harris, Ian Harzely, Tiffany Hagston, Heather Homsey, Josh Lipke, Matthew Morton, Daniel Oliver, Mitesh Patel, Erin Potillo, Ashley Rose, Justin Smith, Carrie Taylor and Kelly Wilson.

Grade 5 — Amy Baugh, Amanda Bennett, Jonathan Boker, Ashley Bush, Jennifer Chiappa, Shelley Clark, Sarah Demarcie, Jenna Dum-bush, Danae Hanks, Jacob Harris, Kristi Julius, Amber Kirkover, Kyle Kleuskens, Mallory Koesterer, Crystal Krause, Travis Lensaw, Aaron Larson, Carly Laughlin, Krista Legate, Ashley Meyer, Amy Millon, Jole Muller, Caitlin O'Toole, Josh Paschedag, Mallory Presswood, Derek Rensing, Tiffany Shemwell and Kacy Von Nida.

Grade 4 — Danielle Brewer, Den-lene Bridgeman, Nikki Briggs, Nicole Ebrodt, Jamie Fisk, Jonathan Frech, Chris Halbrook, Danielle Harris, Sarah Hartzel, Eric Heath, Stephanie Huff, Amber Kamacho, Brandy Kuna, Adam Mann, Robert Moore, Melissa Mullen, Brittni Rig-gins, Lesley Riverbrough, Alexandra Robertson, Amy Schmiedeman, Amy Stalcor, Lauren Stuart, Nathan Tatum, Zach Wittman, Shawn Wylie and Amanda Yarbrough.

The following students at **PRATHER ELEMENTARY SCHOOL** in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Ebonique Ashley, Danny Barber, Jennifer Brantley, Whitney Cornett, Teresa Cosnka, Ashley Duley, Rowena Jacio, Courtney Kelli, Amber Lynch, Heather Ryan, Amanda Schnelke, Joshua Smith, Elizabeth Vazquez, Staci Wolf.

Grade 5 — Bryan Baxter, Brittany Blackstone, Helen Dickerson, Tina Dilbeck, Andrew Humphrey, Daniel

Jackson, Rayshawn Johnson, Shannon Keithly, Jeremy Kendall, Amber King, Amber Kingsley, Jacob Korob, Channon Leadlove, Shawn Lemaster, Khari Price, Mike Roe, Tabitha Roemer, Deane Roseman, Aaron Saggio, Henry Spieth, Spencer Stevens, Tia Whitford, Joshua Wilson.

Grade 4 — Norma Allen, Johanna Baker, Nicole Chandler, Vanita Chur-rovich, Ashley Colby, Nichole Har-ri, Samantha Jones, Thomas Kell, Cassandra McCarthy, Kenny McNeal, Dustin Miller, Richard Phelps, Andrew Stille, Keri Tringl, Travis Ward, Wayne Womack.

The following students at **ST. ELIZABETH ELEMENTARY SCHOOL** in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 8 — Jeff Bladdick, Brian Dittman, Nathan Gudsredl, Jennifer Hay, Robert Henry, Kerry Koskie, William Kutosky, Scott Mullen, Tony Rueising, Lindsay Schardan.

Grade 7 — Jason Ryan, Courtney Crews, Julie Dombek, Katie Hatcher, Leslie Kalogeu, Lindsay

Krekovich, Andrea Mangi, Nick Pas-kus, Abel Silva, Laura Stanfill.

Grade 6 — Erica Carney, James Crain, Ryan Goskie, Jake Hartwick, Melanie Mooshagin, Lindsay Rich-ert, Ashley Shambro, Matt Skoklo.

Grade 5 — Jennifer Agolan, Den-nis Bisto, Jeffery Carney, Tyler Crews, Jenna Ely, Megan Gavlick, Sara Kromar, Hannah Kutosky, Stevan Lickenbrook, Joe Lofink, Laura Mills, Susan Ratevick, Natalie Rueising, Mark Ryan, Lauren Smith.

Grade 4 — Brittney Bailey, Bry-tany Buenger, Carey Burton, Jessica Costello, Michelle Costello, Tasha Dittamore, Jonathan Dombek, Jonathan Dresh, Edward Gensel, Thom-as Gordon, Megan Joyce, Laurny Kulazsa, Jessica Nickle, Michael Ryan, Jessica Scarborough, Leah Stanfill, Lauren Smith.

The following students at **WILSON ELEMENTARY SCHOOL** in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Joseph Bocherer, Daniel Bixler, Jesse Coy, Gabe (See HONORS, Page 9A)

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**EBONY DINETTE 5-PIECE SET \$169**

**4 piece BEDROOM \$188**

**4 PIECE SET includes dresser, mirror, frame, and headboard Chest and nitestand extra.**

**LIMITED QUANTITIES!**

**ALL BRAND NEW**

**SOFA & LOVESEAT \$298**

Factory Special Pattern Chair also available

**POSTURE SERIES MATTRESSES**

**ALL BRAND NEW "IN STOCK" SAME DAY PICKUP OR DELIVERY AVAILABLE**

**DAYBED Complete \$99**

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**BED FRAMES:**

TWIN.....\$19 QUEEN.....\$29  
FULL.....\$19 KING.....\$39

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TWIN.....\$19 ea. pc. QUEEN.....\$39 ea. pc.  
FULL.....\$29 ea. pc. KING.....\$39 ea. pc.

**POSTURE DELUXE FIRM \$29** 5 Yr. Ltd. Warranty

TWIN.....\$29 ea. pc. QUEEN.....\$59 ea. pc.  
FULL.....\$49 ea. pc. KING.....\$59 ea. pc.

**POSTURE HEALTH-O-PEDIC \$49** 10 Yr. Ltd. Warranty

TWIN.....\$49 ea. pc. QUEEN.....\$78 ea. pc.  
FULL.....\$61 ea. pc. KING.....\$78 ea. pc.

**POSTURE COMFORT SUPREME \$69** 15 Yr. Ltd. Warranty

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FULL.....\$88 ea. pc. KING.....\$99 ea. pc.

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The Duplex Homes of Eden Village is a division of Eden Village, a not-for-profit organization affiliated with the United Church of Christ. Eden Village also offers apartments, The Care Center, a skilled nursing care center with an Alzheimer's Unit, and the new rehabilitation Therapy Center.

## Honors

(Continued from Page 8A)

Davis, P.J. Delozer, Jessica Dodson, Nathaniel Elmore, Derrick Emery, Brad Ezell, Josh Julius, Sarah Kennerly, Jason Lancaster, Alex Leith, Yvette Lupardus, Robert Meyer, Beth Fyor, Ashlee Schenke, Ashley Schmidt, Candi Shurm, Tabitha Sipes, Kyle Thebeau, Brittney Vaughn, Tony White.

Grade 5 — Manilla Adams,

Daniel Brown, Terra Cappel, Stephanie Ellsworth, Christina Justus, Matt Kessler, Jeff Luehmann, Melissa Marshall, Ashley Martin, Sutton McGehee, Shawn Nicol, Brad Peach, Carrie Phouangmalay, Ben Pieper, Brian Schuman, Jonathon Toussaint.

The following students at WORTHEN ELEMENTARY SCHOOL in Granite City

earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Robyn Baker, Cory Ballentine, Haley Basden, Kevin Brake, Richard Bywater, Lori Cavins, Ashley Chepey, Kristy Conway, Brittani Coulson, Shawn Delony Pena, Rachael Eaton, Jessica Fernandez, Diane Fleming, Jonathan Goedeke, Morgan Gruelle.

Sarah Henderson, Lynsey Holloway, Lauren Huniak, Richard Hunt, Ashley Jarrett, Matt Jenkins, Jacob Johnson, Evan Kerivan, Candace Kessler, Jean Knox, Natalie Koehler, Daniel Laiswell, Sarah Menemeyer, Jessica Meyenburg, Jessica Pacatte, Danny Prengel, Katie Price, Brandon Ragan, Jordan Ray, Ashlee Reader, Lauren Reinhardt, Vanessa Ross, Ryan Scott, Matt Strong, Ryan Thomas, Kristen Voegel, Lindsay Wallace, Corey Williams.

Grade 5 — Olivia Antognoli, Samatha Arban, Roberta Aubuschon, Casey Ballentine, Mark Bilich, Alex Biver, Jessica Biver, Sarah Boston, Jamie Davis, Valerie Dine, Robert Flicker, Emily Gorline, Alex

Harding, Lauren Horton, Jennifer Janek, Silvia Jeliazkova, Shawn Judd, Jason Kleindorfer, Justin Lockhardt, Lyndsi Meyenburg, Amanda Miller, Jason Monroe, Daniel Pike, Benjamin Reno, Ryan Sigite, Brandon Smith, Adam Stockman, Shawnda Swain, Nathan Whitt.

Grade 4 — Paige Barnes, Kayla Benham, Kelly Bone, Jacob Britton, Larry Cornett, Lauren Courtney, Rebecca Gesang, Sarah Gorline, Amanda Jarrett, Desislava Jeliazkova, Casey Jensen, Deanne Judd, Tracy Lemler, Andrew McGovern, Kie Pauley, Travis Salloe, Ashley Shrum, Erika Skouby, Amy Stidham, Amanda Teller, Rachel Thompson, Stacy Webb.

## Workshop set

Chestnut Health Systems presents a seven-session workshop series, titled, "Parenting Difficult Children."

The workshop series is beneficial for parents of oppositional children or children with attention deficit hyperactivity disorder.

"Parents who feel desperate about managing an oppositional child and those who are searching for ways to help their child will greatly benefit from the workshop," said Barbara Farrell, group leader.

The first workshop is from 10 a.m. to Noon on Friday in Chestnut, located at 50 Northgate Industrial Drive just off Illinois 3 in the Granite City. The series is also offered from 10 a.m. to noon beginning Saturday at 1507 Troy Road in Edwardsville. For more information, call 877-4420.

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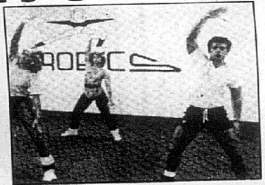
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Challenge the giant slide, wander  
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**Show Hours**  
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5 p.m. to 10 p.m.  
•Thursday, Feb. 26-  
Saturday, Feb. 28  
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•Sunday, March 1,  
11 a.m. to 6 p.m.

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Step into Spring at the St. Louis 21st Annual Builders Home & Garden Show, February 25-March 1 at America's Center and TWA Dome. A member of the National Home & Garden Show Series presented by The Home Depot, the show features more than 500 exhibitors in more than 1,500 booths.

The Builders Home & Garden Show is produced by the Home Builders Association of Greater St. Louis and is the largest consumer home show in the country. This show is really five shows in one and consumers will find everything for their home and garden under one roof.

**1. Kitchen & Bath Show**  
No more driving around from showroom to showroom. Consumers will find a showcase of quality cabinets, counter tops, bathroom fixtures, sinks and tubs in a variety of prices.

**2. A Building Products Show**  
Whether you are doing a full remodeling job or just a quick fix, the perfect products can be found here. From windows and doors to insulation and carpet.

**3. Interior Design Show**  
Interior solutions are easy to find in the Interior Design Gallery. Local design and remodeling experts will give insightful presentations on the Gallery stage. Throughout the Gallery consumers will find furniture, window treatments, floor coverings, wall treatments and interior design accessories. In the North end of the dome an enormous furniture auction will take place. Consumers will find unusual pieces at bargain prices.

**4. Lawn & Garden**  
An entire area packed with your front and back yard needs. Top manufacturers such as Snapper and Toro will

help make your yard into a masterpiece.

**5. Pool & Spa Extravaganza**  
Do you need In-spa-ration? It can be found in the Pool & Spa Extravaganza. Beneath swaying palms an entire area is dedicated to helping consumers create a vacation in their own backyard.

**Trash or Treasure**  
Before remodeling can begin it is a good idea to throw out some junk. But Dr. Tony Hyman says not too fast. Author of *Trash or Treasure*, Dr. Hyman is an expert on how to find the best buyers of antiques, collectibles and other undiscovered treasures. Bring your favorite collectible and find out if it is trash or treasure, what is its worth.

**Theaters and Seminars**  
-St. Louis Post-Dispatch Green Thumb Theater for all your lawn and garden questions.  
-Home Depot How-To Workshops  
-Laclede Gas Cooking Stage, learn how to lighten-up old favorites.  
-Interior Design Theater discover the best ideas for decorating and enhancing your home.

**Ultimate Front & Back Yard**  
It is sure to feel like spring when consumers stroll through the Ultimate Yard. The front and back yard, totaling almost one-third of an acre, will be professionally landscaped against the backdrop of a home. Thousands of blooming plants will lead consumers through the front door into a magnificent backyard setting. Consumers will want to dip their foot in the full-size inground pool that is the focal point of the backyard.

**Family Fun**  
There's something for everyone with a visit to the Suburban Journals Family Fun Area. Free to all show visitors, children and adults can challenge the giant slide, tangle with Carmen the Caterpillar or become a pinball whiz with games from Warehouse of Games. Also, win valuable prizes from Advanced Satellite.

"The Builders Home & Garden Show is in its 21st year of providing St. Louis consumers with the largest assortment of products and services for the home under one roof," said Gary Zide, Home Show Manager.

## HOME & GARDEN SHOW

### FREE SENIORS' ADMISSION

Thursday, February 26, 11 a.m. to 5 p.m.  
Friday, February 27, 11 a.m. to 5 p.m.

## Suburban Journals

Seniors 62 and up can present this coupon at the Home Show box office Thursday and Friday, February 26 & 27, 1998 between 11 a.m. and 5 p.m. and receive one free adult admission. Limit one offer per coupon. Multiple coupons may be used by one family. Proof of age required.



## NEWS

### SCHOOL MENUS

Feb. 25 - March 3  
Granite City  
Public Schools

**WEDNESDAY, Feb. 25** — Breakfast: Cereal, toast, milk. Lunch: Grilled chicken on whole wheat bun with lettuce and tomato, strawberry Jell-O with diced peaches, milk.  
**THURSDAY, Feb. 26** — Breakfast: Breakfast burrito, pear halves, milk. Lunch: Baked turkey and dressing, mashed potatoes, whole kernel corn, dinner roll, cherry cobbler, milk.  
**FRIDAY, Feb. 27** — Breakfast: Cinnamon toast, milk. Lunch: Fish nuggets, macaroni and cheese, slaw, slice of bread, apple sauce, milk.  
**MONDAY, March 2** — NO SCHOOL. CASMIR PULASKI DAY.  
**TUESDAY, March 3** — Breakfast: Sausage patty, biscuits and jelly, orange juice, milk. Lunch: Pizza, whole kernel corn, sliced peaches, milk.

**TUESDAY, March 3** — Breakfast: Cereal, toast, milk. Lunch: Pizza, hamburger on bun, chili pickles, French fries, apricots, milk.

St. Elizabeth

**WEDNESDAY, Feb. 25** — Lunch: Twice baked potato, tossed salad, cheese cubes, orange slices, milk.  
**THURSDAY, Feb. 26** — Lunch: Chicken and gravy over noodles, green beans, bread, Jell-O, milk.  
**FRIDAY, Feb. 27** — Lunch: Fish nuggets, slaw, peach, apple sauce, milk.  
**MONDAY, March 2** — NO SCHOOL.  
**TUESDAY, March 3** — Lunch: Baked ham, baby potatoes, carrots, bread slice, pineapple, milk.

Holy Family

**WEDNESDAY, Feb. 25** — Lunch: Grilled cheese sandwich, tomato soup, celery and carrot sticks, pickles, Jell-O, milk.  
**THURSDAY, Feb. 26** — Lunch: Beef burrito and salsa, salad, corn, pumpkin cake, milk.  
**FRIDAY, Feb. 27** — Lunch: Meatless spaghetti, salad, cheese chunks, bread, baked apples, milk.  
**MONDAY, March 2** — Lunch: Hamburger, onion pickles, sliced cheese, potato rounds, carrots and peaches, milk.  
**TUESDAY, March 3** — Lunch: Sloppy joe on bun, buttered noodles, pickles, corn and date squares, milk.

Madison Public Schools

**WEDNESDAY, Feb. 25** — Breakfast: Potatoes, milk. Lunch: Hot dog, fish sandwich, macaroni, peas, applesauce, milk.  
**THURSDAY, Feb. 26** — Breakfast: Cereal, toast, milk. Lunch: Nachos, fried chicken, whipped potatoes and gravy, green beans, pudding, milk.  
**FRIDAY, Feb. 27** — Breakfast: Rice, milk. Lunch: Burrito, cheese pizza, tossed salad and dressings, pineapple chunks, Graham crackers, milk.  
**MONDAY, March 2** — NO SCHOOL.

## Symposium to discuss teenagers

By Jason White  
Staff writer

The risks of adolescence will be the subject of an area-wide symposium next month.  
The Alpha Upsilon Sigma chapter of the Sigma Gamma Rho Sorority Inc. will host "It's in the Bag: A Nationwide Community-Based Symposium on Adolescent Issues" from 10 a.m. to 2 p.m. March 11 at the second floor of the East St. Louis Municipal Building, 301 E. Broadway.  
The free symposium will address academic failure, AIDS, child abuse, cultism and Satanism, dropping out, date rape, drug and alcohol abuse, gangs, homelessness, racism and sexism, sexual abuse, suicide, teenage pregnancy and violence at school and home.  
"The intent of the symposium is to focus upon some of the critical issues that face many of today's youths who are in the risky business of growing up," International Grand Basileus LaRona J. Morris said.  
From 1:15 p.m. to 12:15 p.m. a panel of youths will share their stories, experiences and advice with the audience. The panel may include reformed gang members, former substance abusers or those who have considered suicide.  
From 1:15 p.m. to 12:15 p.m., a panel of professionals will share resource materials available in times of crisis. Refreshments will be available, and attendance prizes will be awarded throughout the day.  
The symposium is a spin-off from the sorority's international project, BigBookBag, which the sorority teamed up with the Shriners to provide school supplies.  
For information, call Morris at 271-5227 or Chapter Basileus Tijauna Ingram at 288-8021.

## Annual Bag-It campaign looking for volunteers

By Kimberly Haas  
Staff writer

Volunteers are needed for the second annual Operation Bag-It in April.  
Last year, nearly 4,000 volunteers took to the roadways to clean up debris and 550 shoulder miles of St. Clair County roads. About 62 tons of debris were picked up by volunteers.  
"We had close to 300 adult volunteers and civic clubs (last year)," said Louis Tiemann, coordinator of Operation Bag-It.  
Operation Bag-It is scheduled for 9-11 a.m. on Saturday, April 25. The deadline to register for the event is March 31. Those interested should call 233-2015.  
In case of rain, the project will be moved to April 26.  
Volunteers will be supplied with bright orange and yellow T-shirts, along with white gloves, to make them more visible to motorists. Most of the volunteers will work together in teams of eight youths and two adults.  
"Safety is our number one object," Tiemann said.  
Local law enforcement agencies have been alerted to the program, he said.  
Each team will be assigned a stretch of up to two miles along one side of the roadway. The goal will be to fill up 1,500 trash bags, estimated at 500 tons of trash.

Operation Bag-It was organized by Tiemann, who is the coordinator of Proud Partners, a beautification and environmental section of Belleville Economic Progress Inc.  
Tiemann hopes that through Proud Partners, Operation Bag-It, more groups will become involved with the Adopt-A-Highway program.  
Adopt-A-Highway, groups and organizations keep a two-mile stretch of road, county, or state road clean throughout the year.  
Those involved are required to clean the area at least four times a year.

After last year's Operation Bag-It, Tiemann said the goal was to have at least one-third of the roads adopted. However, he said they fell short of their goal.  
"Our intent is (for Operation Bag-It) to go out of business by the year 2000," Tiemann said.  
Within the community, he said about 90 areas have been adopted. However, 275 more groups are needed to adopt an additional 550 miles.  
Roadways can be adopted through three methods: a permit through the St. Clair County Highway Division; a permit through the Illinois Department of Transportation; or a permit through the city which owns the roadway.

## Forum addresses livestock production

Large-scale livestock production will be addressed at a public forum slated at 5:30 p.m. March 5 at the Mount Vernon Holiday Inn.  
"Community Livestock Issues" will bring together experts to help address such topics as odor control, environmental concerns, the economic impact of livestock production on a community and the social and political implications of the debate.  
Among the experts participating in the sessions are Mike Boehle of Purdue University, Sandra Ziegl of Michigan State University and Cornelia Flora of Iowa State University.  
For more information, call the St. Clair Extension unit offices at 692-7700 or 236-8600.

## NEWS

# Cemetery officials try to encourage deer to leave

By Jim Merkel  
Staff writer

The administrator of Jefferson Barracks National Cemetery hopes an effort to encourage deer to leave on their own will eliminate the need to use lethal methods to reduce the deer population.

Ralph Church said workers at the cemetery are clearing much of the natural area so the deer will want to leave. Otherwise, it's more likely a deer kill will be necessary to reduce the heavy overpopulation of the animals in the cemetery, he said.

The U.S. Department of Agriculture is completing a final set of recommendations to the U.S. Department of Veterans Affairs on ways to reduce the deer population. The Missouri Department of Conservation also had a consulting role.

A crowd turned out at a public meeting in January in which a large number of people opposed a controlled kill at the cemetery.

As the USDA prepares its report, protests continue. And officials investigated a report that students at Beasley Elementary School, located on Koch Road next to the cemetery, recently watched as someone shot at a deer in the cemetery.

Joy Jacobs, who lives near the cemetery entrance, said protesters have been out several times on weekends to protest the deer-kill proposal.

"The majority of people were more than happy to stop and chat with us about the deer," Jacobs said.

Jacobs said there are 273 signatures on a petition opposing the killing of deer in the cemetery, gathered from neighbors and people who came out of the cemetery. It proposes that a humane solution be considered.

"When you drive through there, you don't ever see deer any more," Jacobs said. "Leave them alone. Let nature take its course."

Jacobs said she had received a letter from U.S. Rep. Richard A. Gephardt, D-3rd Dist., outlining what is being done about the situation.

Gephardt said in a letter to constituents who have written him about it that the Department of Veterans Affairs has assured him it is working with wildlife experts to find a humane solution that benefits both the cemetery and the deer population.

"The Missouri Department of Conservation, the cemetery and the (U.S. Department of Agriculture) Wildlife Service are working to insure that the policy they implement will take into account the views of the St. Louis community," Gephardt wrote.

Gephardt said when deer populations become concentrated, the deer become more vulnerable to disease and starvation.

"This suffering often results in increased property destruction. In fact, there have been instances where deer have managed to enter internment shelters and eat the flowers before funeral services can be conducted," Gephardt wrote.

The overpopulation also has resulted in some poaching, Church said. He said a school official at Beasley called him recently and said two students reported seeing someone with a white truck shoot at a deer.

"From the school playground, it could have been 100 feet," he said.

Mehlville School District spokeswoman Michelle Ludwig confirmed such an incident occurred.

Officer Rick Eckhard, a St. Louis County Police Department spokesman, said children at the school reported what they thought was a shot. An officer believes someone saw a deer fall or run. However, when officers responded, they saw no shooters or deer.

If there is a deer kill, it would likely be carried out by trained marksmen from a local law enforcement agency, combined with trapping and euthanizing the animals. The deer meat would be donated to homeless shelters and food pantries.

There will not be a public hunt on cemetery grounds.

"It's a national cemetery, a national shrine," Church said.

## Comptroller seeks Senate bid

By Becky Vollmer  
Telegraph staff writer

State Comptroller Loleta Didrickson is making her campaign against a local cemetery owner a cornerstone of her bid for the U.S. Senate.

Didrickson, in Edwardsville last week to announce that Valley View Cemetery owner Lawrence Esterlen is no longer in charge of the cemetery's day-to-day operations, hopes to win the Senate seat held by Carol Moseley-Braun, a Demo-

crat. Didrickson, a Republican from Chicago, is facing opposition in the March 17 primary from Peter Fitzgerald — a conservative millionaire state senator from outside Chicago — but she has the backing of party leaders, including Gov. Jim Edgar. She hopes to win over voters by calling for a "smaller, smarter government."

"If you fundamentally want to change government, you do it through the fiscal process," she said.

Didrickson, 56, was elected in 1994 after serving four terms as a state representative. As comptroller, she is the state's chief fiscal officer and the highest ranking Republican woman elected in the history of Illinois.

She has been called an education advocate as well as a friend of management, honored once as the "Voice of Employer" by a statewide management group. That award conversely earned her a reputation as a labor foe.

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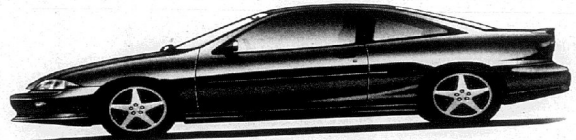
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## NEWS

## Abeln, alleged accomplice each plead not guilty in murder case

By Jason White  
Staff writer

Two men have pleaded not guilty to federal charges that they plotted to kill a mother of three as part of a drug conspiracy.

Richard C. Abeln, 44, of Sappington in south St. Louis

County, and Guy J. Westmoreland, 36, of Florissant, Mo., entered their pleas last week at an arraignment in U.S. District Court in East St. Louis.

A masked gunman fatally shot Abeln's wife, Debra Abeln, twice with a sawed-off shotgun on Dec. 27 at CRT Aviation, Richard Abeln's busi-

ness at St. Louis Downtown-Parks Airport in Sauget. Richard Abeln and his 12-year-old son witnessed the shooting, which police said was staged to look like an armed robbery. Richard Abeln has two other children, ages 17 and 21. Police said Abeln confessed to having Westmoreland set up

the shooting to settle a debt. An Illinois State Police investigator testified in St. Louis federal court in January that Westmoreland told him that DeAndre Lewis, an employee at Westmoreland's gas station, was the gunman. The gas station is near from Abeln's other business, Jeffco Trucking at

800 E. Taylor Ave. in south St. Louis County near Crestwood. Police said Lewis, 21, of St. Louis, told them he was present at the shooting but that the gunman was another employee at the gas station. Lewis is being held in St. Louis on unrelated federal charges of being a felon in possession of

two sawed-off shotguns and possession of narcotics with intent to distribute.

In an indictment unsealed Feb. 4, Abeln and Westmoreland were charged with conspiring to distribute over 5 kilograms of a cocaine-marijuana mixture.

Abeln was also charged Feb. 4 with using an international transportation facility, Parks Airport, in furtherance of a murder conspiracy and with interstate travel to commit a murder.

Attorneys for the two men have said they may seek separate trials because the Feb. 4 indictment differs from the charges they were arrested on in early January.

Federal, state and local law enforcement agencies are continuing to search for the man named as the gunman, who disappeared after Lewis was arrested.

## Catholic schools feel crunch

By Mark Hodapp  
Staff writer

Area public schools are not the only ones experiencing growth problems.

Several Catholic schools are facing similar predicaments. In fact, St. Clare School in O'Fallon — the largest school in the Belleville Diocese with 431 students — currently has waiting lists for grades K-3.

St. Teresa School in Belleville and St. Albert the Great Grade School in Fairview Heights are facing similar growth-related problems.

In fact, all three of these schools are considering possible expansion projects. But unlike a public school, a private school must rely on its members for funding, which ultimately must be approved by the diocese's building committee. As a general rule, the committee requires a church to have at least one-half of project's expenditure on hand before it'll approve any building project.

St. Clare and St. Albert face other common dilemmas: their current campuses are land-locked.

While St. Teresa can build an addition on its site, parking will always be a premium, the Rev. Donald Eichenseer said.

St. Clare Church recently polled its parish about several current growth issues facing the school. The results of the survey are being compiled, Principal Ken Pajares said.

Pajares said the survey had a twofold purpose.

✓ To get the members views on a possible expansion of the school.

✓ To make the members aware of its current growth problem.

Pajares said St. Clare started having waiting lists in 1994.

"We had only a couple kids on the list then," he said.

Last year, there were 29 children on the waiting list for kindergarten alone.

Pajares said he expects a similar number of students will appear on next year's waiting list.

"People used to say the town was growing because of Scott Air Force Base," he said.

Last year, St. Clare purchased three pieces of property behind the school, which the school hopes to use for expansion.

"That gives some room for growth," Pajares said. "But we really need to have more land."

St. Teresa will need to add at least one additional classroom by August 2000, Eichenseer said. He pointed out that St. Teresa currently has offers two seats of each grade in its elementary school except sixth, where only one section is offered.

To handle its growth, St. Teresa has also brought in one modular unit, Eichenseer said. "We've also divided off our cafeteria for one classroom," Eichenseer said.

St. Teresa has also had to trim the size of its computer lab and library to make additional classrooms.

Eichenseer said St. Teresa — which has 364 students — should continue to see some modest growth in the future.

St. Albert, which is located by St. Clair Square, may even have to convert its convent for classroom space in the future, Principal Sister Mary Jane Nowakowski said.

"That is something we'll have to look at possibly down the line," she said.

St. Albert currently has approximately 237 students and is experiencing some growth, Sister Mary Jane said.

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## SPORTS

Class A all-state  
basketball listing

Page 3B

Section B

Wednesday, February 25, 1998

Granite City Journal

Page 3B

Art  
VoellingerWrestling has  
weighty issues  
to consider

In addition to congratulating O'Fallon High School wrestling Coach Bill Matzker and 130-pound Chuck Burrows for their second consecutive trip to the Illinois state wrestling finals, I found additional reason to credit them.

During my association with the coach and the athlete, I've never heard any reference to weight loss or the pressure prep wrestlers put on themselves to be able to compete at a particular weight level.

If you already are not aware, during a 33-day span in November and December, three collegiate wrestlers died. All three collapsed during or after strenuous weight-loss workouts in Oregon, Kansas and Minnesota, respectively.

Could the same thing happen on the high school level? There's no reason to think otherwise, but according to Matzker, he has monitored body fat in such a fashion that there should be no concern of a fatality at OHS or other schools with similar concern.

"I've been using a caliper to measure body fat for about 10 seasons," said Matzker.

"Seven percent is generally considered a safe level," said the veteran coach.

"Measuring body fat is a valuable," said Matzker, "but there's always a concern for dehydration."

"Losing body fat is a slow and difficult process while dehydration can be accomplished very quickly."

Before expanding on the dehydration point, I informed Matzker that what he does is similar to a system employed by the Wisconsin Interscholastic Athletic Association and noted in a recent issue of the *Clinical Journal of Sports Medicine*.

In Wisconsin, where the state has nearly 900 high school wrestlers, a test, also known as skinfold measurement, is administered by a state-trained assessor who takes measurements on three different parts of a wrestler's body with a specially designed caliper.

This information is fed into a computer along with a wrestler's height, weight and other pertinent data. A printout shows what the wrestler would weigh if he got down to seven percent body fat. That number is then considered the wrestler's minimum safe weight and he is not allowed to wrestle below it.

According to Don Herrmann, chief executive of the Wisconsin High School Association, there is a loophole in their system.

Apparently, the problem is with wrestlers dehydrating prior to the measurement. For example, a 150-pound athlete with 15 percent body fat might be told the minimum weight at which he could wrestle would be 125. But if prior to the measurement, he takes off 10 pounds of fluid, he might weigh 140 with the same body fat he had at 150.

According to Matzker, "the same wrestler is more likely to get to that ideal 125 pounds during the season by dehydration rather than losing body fat."

The Michigan High School Association adopted the Wisconsin program but went a step further and eliminated the problem of wrestlers dehydrating before the measurement. Michigan requires a urine test that discloses whether or not an individual is in a normal state of hydration. If the sample shows the wrestler is dehydrated, he is turned away and tested later.

Such types of testing can be costly and would lead to retesting before every weigh-in. While other states study the Wisconsin and Michigan plans, they might be wiser to follow the Matzker method.

## Baker named all-state

Madison senior guard earns  
first team honors from APBy Patrick C. Heston  
Staff writer

BOYS BASKETBALL

What can you do with a player like Madison's Maurice Baker?

Opposing coaches and players have been unable to answer that question all season long, but the Associated Press had no trouble finding an answer this past weekend.

The Associated Press named Baker to its 1998 all-state team. Baker was a first-team selection.

The 6-foot team leader for the Trojans was joined on the first team by Spring Valley Hall guard Shawn Jeppson (6-2, senior), Providence St. Mel forward Linton Johnson (6-6, senior), Riverton forward Garrett Thomas (6-6, senior) and Waterloo Gibault center Chris Braun (6-10, senior).

Baker led graduation-depleted Madison to a 13-13 record, including a forfeit win against St. Louis Gateway. His averages through a 25-game regular season were 29.6 points per game along with 11.3 rebounds, 4.2 steals, 3.5 assists, and nearly one block. Baker also shot 53 percent from the field (48 percent from 3-point range) and 81 percent from the line. He is also hitting 3.6 3-pointers per outing.

The Madison guard, who is listed as a forward and takes the center jump to start the game, had eight games this season in which he scored more than 30 points — including 40 against Pittsfield, 41 against Waterloo Gibault and a career-high 48 against Alton.

"I'm just glad the people who select the all-state teams don't make judgments on the basis of team performance, but on the basis of individual performance," said Madison mentor Al Collins with a wry smile. "But I've got to give our kids a lot of credit. They played well, especially the last half of the season and down the stretch. I think that gave Reece more of a chance to be noticed state-wide. I mean, when we won those five games in a row, we beat some pretty good teams. I think that helped

Reece.

"He's one of the best all-around players you can find anywhere," Collins added. "Some players are two- or three-dimensional players, but Reece is four-dimensional. He does everything well. He excels at every phase of the game. But he is never satisfied by his performance. He always believes there is room for improvement. He never stops working, he never stops trying to become a better player. He truly deserves this honor."

Indeed he does.

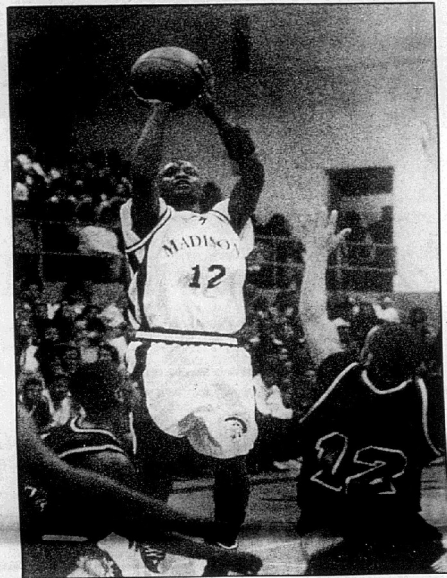
For Baker, who received his McDonald's All-American plaque before Friday night's game against Teutopolis, the AP selection is but the tip of the iceberg.

Advance word was received last week from Taylor Bell, sports editor of the *Chicago Sun-Times*, that the prestigious paper will name Baker a first team all-stater. Similar honors from the *Chicago Tribune*, as well as other highly respected newspapers in Champaign, Peoria, Springfield, Rockford, Carbondale and around the state, should follow shortly.

Other local players selected by the Associated Press were Braun, of Gibault, a first team choice who is averaging 16.7 points and 4.2 rebounds per game, and Duplo's Tim Wiechert, who was awarded honorable mention recognition.

Other southern Illinois players on the AP team were John Telle (senior) of Breese Mater Dei (second team); Brian Plasecki (6-6, junior) of Nashville (third team); Dustin Turner (junior) of Golconda Pope County (third team); and honorable mention selections Adam Miller of Roxana and Tony Atcheson of Greenville.

Baker, who is being recruited by NCAA Division I basketball schools, still is undecided about which college he will attend.



(Staff photo by BAILLARGEON)

Madison senior Maurice Baker averaged 29.6 points and 11.3 rebounds per game during the regular season.

SIUE set to defend  
conference crown

Special to the Journal

COLLEGE SOFTBALL

Following a 39-13 season, which included a 21-0 Great Lakes Valley Conference mark, it is tough to imagine a coach asking for anything more the next season.

However, at Southern Illinois University-Edwardsville, softball coach Sandy Montgomery knows her 1998 squad needs to improve upon last year's mark to gain an elusive NCAA Division II national tournament berth.

"We just have to win games this year, most importantly, games within our region," Montgomery said. "We need to play consistent softball, play hard, take care of business, and finish in the top two in the conference and then we should be where we want to be."

Fortunately, SIUE has a strong nucleus of returning players on which to build their championship foundation.

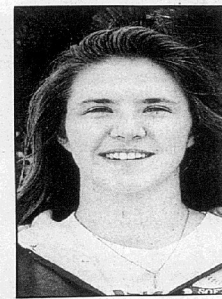
The Cougars return their entire pitching staff plus three starters, including first-team All-Conference outfielder Gwen Jackson — a graduate of Collinsville High. Furthermore, SIUE brought in a strong recruiting class filled with solid players and some big hitters.

On the mound, the staff will once again be anchored by Jessica Silbe and Deanna Smith. Silbe went 20-6 last season while posting a 1.84 earned run average.

"Jessica is a big-game pitcher," Montgomery said. "She has good stuff and is a huge competitor who loves to win."

Smith, who went 13-6 with a team leading 1.38 ERA, is back for her senior season. Smith, primarily a lowball pitcher, is very effective in utilizing her defense behind her.

"Deanna is another big-game



GWEN JACKSON

pitcher, who has great control and keeps everyone behind her sharp," Montgomery said.

Rounding out the SIUE pitching staff is sophomore Sara Obrecht and senior Stephanie Stinson, a Cahokia graduate. Both pitchers will see quality starts and have a variety of pitches that comple-

(See SIUE, Page 3B)

Madison considers  
more sports teamsBy Scott Cousins  
Staff writer

Madison High School students may have the opportunity to participate in four new sports next year.

Athletic director Don Smith has proposed adding boys volleyball, bowling, and boys baseball for the 1998-1999 season. Girls volleyball is also being added at Madison Middle School.

"This is to try to give our students something to do, to keep them occupied — something constructive," he said.

Two sports — girls volleyball and basketball — will be offered as cooperative teams with Venice High School.

Smith said this is a trade-off that would allow girls to compete in two sports without additional cost to the district.

This year, sports offered were boys and girls golf, boys and girls basketball, and boys and girls track and field.

Many of the district's sports programs were disbanded several years ago when the district was going through a financial crisis. In the past few years, the School Board has been trying to bring back some of those activities.

The last new sport added was golf, which was played at the junior varsity level during the 1996-97 school year and at the varsity level this year.

"We have no Tiger Woods yet," Smith said. "It's a new sport and a new opportunity for our kids."

Next year, the golf team will use the new Gateway

(See MADISON, Page 3B)

Narvaez brings home  
medal for Warriors

Special to the Journal

PREP WRESTLING

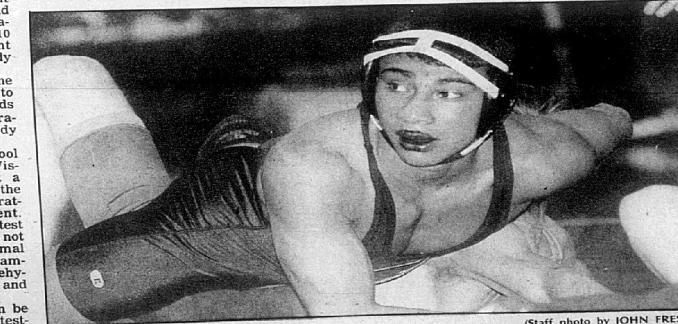
Granite City sent six wrestlers to the IHSAA Class AA state wrestling tournament for individuals last weekend, but only one came home with a medal.

Brooks Narvaez placed sixth in the 145-pound competition. Other Granite City wrestlers at state were George Kirgan, Kevin Vene, Jonas Janek, Matt Werner and John Kelly. Narvaez won three matches and lost three en route to his sixth-place showing.

He opened the tournament with a 3-6 decision against Thornwood's Mark Aitken in the first round. In the quarterfinals, he was pinned by Chicago Mount Carmel's Jason Ewinski.

Granite City's other sectional champions — Kirgan and Vene — also won their openers: 171-pound Kirgan won a 15-5 decision against Tinley Park-Andrew's Gary Gecas and 189-pound Vene won a 9-3 decision against Downers Grove North's Paul Harunczuk. But they lost their quarterfinal matches. Kirgan dropped a 10-3 decision to St. Charles' Jason Potter and

(See WRESTLING, Page 3B)



(Staff photo by JOHN FRES)

Granite City's Brooks Narvaez finished sixth among 145-pounders at the IHSAA Class AA state meet. He was the only Granite City wrestler to earn a medal.



# SPORTS

## Cardinals Team of the Week



### Diocesan champs

The Queen of Peace sixth-grade girls volleyball team won the Midgett Division of the Diocesan Tournament in Belleville in December. Members of the team are (from left to right): In front — Katie Hofarth, Christy Poelker, Katie Peil, Amy Sauerwein, Erin Ahl, Rachel Kurovski, Maggie Burnworth; In back — Lauren Pesko, Kristina Boron, Jessica McNeese, Diney Rakowski, Kim Boron, Stephanie Ernst, Megan Pearson, Amber Heap, and coach Kelly Koudelka. Absent from photo is Christy Schumacher.

## Kahoks bounce back, beat Warriors

By Brian Bretsch  
Staff writer

The score was almost a carbon copy of Friday night, but Saturday night's result was a world of difference for the Collinsville High boys basketball team.

The Kahoks, who had struggled in a 56-39 loss to Belleville East on Friday, turned things around Saturday when they hammered Granite City 53-37.

The victory over Granite City, coupled with Alton High's 90-78 overtime loss to East St. Louis on Saturday, helped the Kahoks wrap up sole possession of third place in the Southwestern Conference.

### BOYS BASKETBALL SOUTHWESTERN CONF. COLLINSVILLE 53, GRANITE CITY 37

The Kahoks have hung their hats considering that Edwardsville, first in the SWC, and runner-up Belleville East are among the elite teams in the St. Louis area.

The Kahoks defense limited the Warriors to single-point scoring in each of the first three quarters of the game.

CHS led 10-7 after the opening quarter. The Kahoks (15-10, 7-4) pushed their lead to 19-14 at half and then put the game away in the third stanza. The Kahoks outscored the Warriors (11-15, 2-9) 20-9 in the third quarter to jump out to a 39-23 lead.

CHS junior forward Shaun Moore led all scorers with 17 points. Senior forward Kevin Asbrook added 16 points.

No Granite City player reached double figures. Dustin Brewer and Chris Tindall both finished the game with nine points each.



Members of the Cahokia Comanches club hockey team are (from left to right): Front row — assistant captain Dave Shreve, Derek Pfeiffer, captain Mike Sharp, Eric Khanian, assistant captain Phil Hausmann; Second row — Derek Burgess, Sonny Ashlock, Nick Phillips, Steve Clatterback, Mike Sheils; Third row — Jason Bell, Patrick Hulsey, Chuck Spradley, Brandon Powell, Chris Gage; Back row — coach Chris Heatherly, Robbie Soncasie, Chris Hausmann, Tony Knaup, Josh Mueller, head coach Rob Whitesell. Not pictured are assistant coach Charlie Sharp, Jeff Nowak and Jeff Sanders.

## Comanches make MVCHA playoffs

The Cahokia Comanches club hockey team is the latest local hockey team to be recognized in the Suburban Journals partnership with the St. Louis Blues.

The program honors local youth hockey teams in each of the journals and also recognizes outstanding teams from throughout the St. Louis area at Kiel Center when the St. Louis Blues are playing at home. Each team will have its picture printed in the Journal and will receive tickets to an upcoming Blues game.

The Cahokia Comanches are an entry in the Mississippi Valley Club Hockey Association, the league for high school club hockey teams in the Metro East.

The Cahokia club hockey team continued its hot streak with Sunday's 3-2 win over the visiting Althoff Crusaders.

The Comanches finished the regular season 7-2-2 overall and 5-5-2 (third place) in the South Conference of the Mississippi Valley Club Hockey Association. Cahokia faces sixth-place Belleville East (7-6-2, 4-4-2) in a first-round playoff game at 9:15 p.m. on March 2 at East Alton.

The league playoffs feature a double-elimination format, with the conference champions advancing to the MVCHA championship game March 15 (11-2-2 overall, 8-2-2 in the South) is the conference champion and has a first-round bye. The Warriors will play March 7 at East Alton against the winner of a March 3 game at Granite City pitting No. 4 O'Fallon (6-5-4, 4-5-3) against No. 5 Althoff (7-7-1, 5-7).

No. 2 Belleville West (9-4-2, 7-4-1) faces Collinsville (5-10-4-8) in the other first-round game March 2 at Granite City, with the winner facing the Cahokia East winner March 4.

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at Granite City. The Journal seeks more teams to recognize in the program. Send a team picture, a summary of the team's accomplishments and identification of players to: Sports Department, Journal Newspapers of South, 219 N. Illinois St., Belleville, IL 62222.

## •SIUE

(Continued from Page 18)

ment Silbe and Smith. Behind the plate will be sophomore Karl Franzen.

The infield will be anchored by third baseman Erica Connitt. She is the team captain and will be the team captain this season. Connitt hit .293 last season with 25 runs batted in and seven doubles.

Newcomer Sarah Solberger will fill the other corner, starting at first base. Solberger transferred from Illinois College. She hits for power and will serve as the backup catcher.

The middle infield positions could be filled by numerous players, with freshman Mandy Uhrhan, a Dupo graduate, and

Amy Vandervine as the early favorites to start at shortstop and second base, respectively.

"Mandy is a very good defensive shortstop who can just pound the ball," Montgomery said.

Myisha Sanders is also a solid defensive player, who is extremely smart and a good contact hitter.

Adding stability to the middle infield will be junior utility player Ashley Horton, freshman Myisha Sanders and freshman Cindy Kolda, a Triad graduate.

"All three girls are good contact hitters who will give us much needed depth in the infield, and will be solid baserunners for us," Montgomery said.

## •Madison

(Continued from Page 18)

National Golf Links, an \$8 million course scheduled to open this year in Madison.

"We're going to try to establish cross-country more as a conditioning sport for our winter sports," Smith said.

Smith said the Madison County Junior High School Conference is expected to consider allowing sixth grade students to participate in middle school sports.

## •Wrestling

(Continued from Page 18)

Venne was edged 2-1 by Joe Martinez of Burbank-St. Lawrence.

In wrestlingbacks, Kirgan lost a 2-1 decision to Rockford East's Aaron Powers while Venne defeated Hershey's Mike Levant (7-0) before bowing 5-2 to Moline's Matt Cordes.

In Friday's preliminary rounds, 130-pounder Kelly lost a 7-1 decision to Derek Dzein

The outfield will be one of the biggest assets, anchored by Jackson in right field.

"Gwen is a solid player, and an unbelievable base-stealer," Montgomery said. Jackson, who will also see time at second base, hit a team-leading .333 last season, while also leading the team with 37 RBI and 25 stolen bases.

The other two outfield positions will be filled by a trio of players — junior Kim Messinger, Kim Wagner and Niki Mitts.

The Cougars open up the 1998 season at home hosting the Southern Classic, Feb. 28-March 1.

a junior varsity baseball team for the 1998-99 school year, and play at the varsity level the next year.

"We have some nice facilities behind our schools," he said.

Smith said the Madison County Junior High School Conference is expected to consider allowing sixth grade students to participate in middle school sports.

of Wheeling; but 135-pounder Werner won a 5-4 decision against Washington's Jeremy Miller; and 152-pounder Janek won by technical fall against Chicago King's Jeff Newing.

Later that day in the first round, Werner lost 10-8 to Pre-Janek was pinned by Moline's Matt Lacker.

Janek made it into Saturday's wrestling bracket but lost 5-4 to Providence's Sean Nutzmans in the first round.

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# NEWS

## COMMUNITY CALENDAR

### Church

**ST. JOHN UNITED CHURCH OF CHRIST**, 9 a.m. Sunday School, 2901 Nameoki Road; Tuesday, worship services, 9 a.m. and 10:30 a.m. Nursery available. Everyone is welcome.

**GENERATION JESUS YOUTH GROUP**, led by youth minister, 2090 1/2 St. Mary, every Sunday at Nameoki United Methodist Church, 1900 Pontoon Road.

**CENTRAL CHRISTIAN CHURCH**, 2020 Johnson Road, holds Sunday School at 9:30 a.m. and morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

**ST. PETER UNITED CHURCH OF CHRIST**, 2101 Cleveland Blvd., holds Sunday School at 9 a.m. and has preschool available. Morning worship services at 10:15 a.m. Nursery available. Everyone welcome.

**NIEDRINGHAUS UNITED METHODIST CHURCH** Sunday worship services are at 8:30 a.m. and 10:30 a.m. Sunday School at 9:30 a.m. and Prayer Meeting at 8:30 a.m. Wednesdays, Nursery Available. Everyone is welcome.

**JESUS EVERY THURSDAY (JETS)**, led by the music director, is for kids 3 to 11 years old. Meets from 7 to 8:15 p.m. Thursdays Music/Bible study and fun at Niedringhaus United Methodist Church, 2090 Delmar. Mom's Bible study and share group meets at the same time as children. For more information, call 877-4555.

**FULL GOSPEL FELLOWSHIP**, 3950 Horseshoe Lake Road, has Sunday service and Church of the Nazarene at 10:30 a.m., Monday Night Miracle Service at 7 p.m., Wednesday night service at 7 p.m., and Wednesday night youth service at 7 p.m. Full Gospel Fellowship invites all to attend and enjoy power-packed services.

**FIRST PRESBYTERIAN CHURCH OF GRANITE CITY**, Lenten Bible study at 6:45 p.m. Wednesdays, March 4 through April 1, 2160 Delmar Ave. For more information, call 452-1100.

**NEW TESTAMENT MISSIONARY BAPTIST CHURCH** revival with Dr. B.J. Baldwin, evangelist, the revival runs 7 p.m. nightly March 1-7 at 620 Niedringhaus in Granite City. Pastor is the Rev. Delmer Shirley. Everyone is welcome. Call 451-1421 for more information.

### Community

**MADISON COMMUNITY ACTION GROUP**, meets at 7 p.m. the fifth Monday of the month. For more information call Diane at 452-2336 or Diane at 876-1360.

**MICHELL FIRE PROTECTION DISTRICT** 2 monthly meeting, 7 p.m., second Tuesday of each month, Mapleville and Old.

**MADISON LIBRARY BOARD OF TRUSTEES** holds monthly meetings at 8 p.m. the third Thursday of every month at the Madison City Hall 615 Madison Ave.

### Dance

**Sunday Polka Dance** featuring Dave Rylla, 210 6 p.m. March 1 at the POLISH HALL, 626 Greenwood St. in Madison. Admission is \$3. Call 876-9056.

**MIDWESTERN UNITED STATES IMPERIAL DANCE CLUB (MUSIC)** regular monthly meeting is held every Sunday evening at the American Legion in Collinsville. Nonmembers welcome. Dance lessons from beginning to advance are given from 6 to 8 p.m. at a cost of \$4 for nonmembers and \$2 for members. For more information, call 463-2405.

**BOOTS & SLIPPERS SQUARE DANCE CLUB**, square dance lessons, 7 to 9 p.m. every Monday, St. Paul Lutheran Church, Fairview Heights. The cost is \$2.50 per person, per lesson. For more information, call 787-6528 or 344-4636.

### Food/Nutrition

**POLISH HALL FISH FRY**, 11:30 a.m. to at least 7 p.m. Friday, Feb. 27 at the Polish Hall, 626 Greenwood St. in Madison. Menu includes Icelandic cod, slow, spaghetti or potato salad and homemade desserts. Dinners are \$4.50, sandwiches \$2.50. Carryouts available. Call 876-9056.

**MEALS OF LOVE**, sponsored by Madison County Baptist Association. Free meals to anyone in need. Every Tuesday, 4:30 to 6 p.m., at Second Baptist Church, 21st and

Illinois streets, Granite City. Everyone is welcome.

**POLISH PIEROGI SALE**, Sacred Heart Polish National Catholic Church, 930 Reynolds, Madison, 9 a.m. to noon, first Saturday of each month. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and laco. Carry-outs only. \$5 per dozen. Cooked and ready to heat and eat. Also Chrusciki and rosolles. Order ahead by calling 876-5680, 876-3698, or 931-3367.

**RESCUE MISSION**, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

**ST. JOHN LUTHERAN CHURCH MONTHLY COUNTRY BREAKFAST**, 8 to 11 a.m. the second Saturday of each month at 2001 St. Clair Ave. Eggs, sausage, pancakes, biscuits, homemade gravy, and jellies, coffee and orange juice. Meals are \$4 for adults, \$2 for children. Call 451-7788 for more information.

**GRANITE CITY FOURSQUARE CHURCH**, 12th and Edwardsville Road, hot meals served free of charge, the last Monday of each month, to those who need or who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

### Health/Exercise

**Bemis Chiropractic**, 3361 Fenling Road in Granite City, is offering FREE ELECTRONIC SPINAL SCREENING from 9 a.m. to noon every Tuesday and Thursday. Call 876-2273 for more information.

**TOPS 2363**, 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-0273.

**FREE SENIOR CITIZEN EXERCISE CLASS**, 9 a.m., every Thursday, Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102. Men and women welcome.

**TOPS 2048** (Take Off Pounds Sensibly), 6 p.m., every Monday, Price Support Center in Granite City. Call 876-2124.

**TOPS IL 645**, 7 p.m. every Monday, Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102. Men and women welcome.

**TOPS 1699**, (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St.; call 787-2724 for more information. Men and women are welcome to attend.

**TOPS IL 2417**, 6 p.m. every Tuesday, Calvary Lighthouse Church of God, 1205 W. Pontoon, Weigh-in at 5:30 p.m. on Tuesday or above with a weight problem is welcome. For more information call Lisa at 531-3602 or Linda at 632-9267.

**ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM** is presenting a talk entitled, "Managing Your Everyday Stress - You've Got to Have It!" at 7:30 p.m. March 3. The talk will be given by Elizabeth Sheppard, CTRS, LCPC, of the Behavioral Health System, and will be held in the Wiesman Room at SEMC. The talk is free and open to the public. For more information or to register, call 798-3888.

**MADISON COUNTY URBAN LEAGUE HEALTH CARE SERVICES** offers the following each week at 500 Madison Ave. in Madison: Walk-in pregnancy testing and prescription refills, 10 a.m. to 3 p.m. Mondays; Family planning services, 9 a.m. to 4 p.m. Tuesdays; STD screening and treatment, 9 a.m. to 4:30 p.m. Wednesdays; and family planning services, 9 a.m. to 4:30 p.m. Call 452-5304 for appointments or more information.

### Organizations

**AMERICAN ASSOCIATION OF RETIRED PERSONS CHAPTER 1340**, meets at Granite City Township Hall second Wednesday of each month. Doors open at 5 p.m., refreshments served at 6 p.m. seniors 50 and over are welcome. For information call 877-3020.

**MEN'S FELLOWSHIP GROUP** of Central Christian Church meets at 8:30 a.m. the second Wednesday of each month for breakfast and fellowship. For more information and/or location of meetings call 931-2098.

**GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN**, meeting at Jerry's Cafeteria, Dinner at 6:30 p.m., third Wednesday of each month,

followed by a program at 7:15. Open to the public. For more information call 452-5391 or 451-6914.

**NOON NETWORKING FOR WOMEN**, third Wednesday of each month, noon to 1 p.m., Ramada Inn in Fairview Heights. Cost is \$10 (no alcohol dues). Please feel free to bring your business cards and brochures. Bring a friend and get \$4 off your next lunch at Noon Networking.

**CHRISTIAN WOMEN'S FELLOWSHIP** of Central Christian Church meets at 1 p.m. the first Thursday of each month. For more information, call Helen Stumpe at 931-2098.

**SONS OF CONFEDERATE VETERANS**, a hereditary group for descendants over age 12 of Confederate veterans, meets every third Thursday of every month at Ravanelli's Restaurant in Granite City. Call 877-3095 for more information.

**NAVY MOTHERS CLUBS OF AMERICA**, meet at 7:30 p.m., second Thursday of each month, at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marines, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2208.

**THE SARAH AND DORCAS CIRCLES OF CHRISTIAN WOMEN'S FELLOWSHIP** meet at 9:30 a.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

**THE RUTH CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP** meets at 7 p.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

**LYDIA CIRCLE of Nameoki United Methodist Church** meets at 1 p.m. the third Thursday of each month. For more information, phone, 877-1936.

**CHURCH WOMEN UNITED** will meet at 10 a.m. the fourth Thursday of each month, except July, at the Nameoki Methodist Church, 1900 Pontoon Road.

**MODERN WOODMEN OF AMERICA Life Insurance Society** meets the last Thursday of each month at 5 p.m. at Ravanelli's Restaurant.

**THE JOLLY QUILTERS**, 9 a.m. to 2 p.m., every Thursday at the Social Center, 906 Thorngate Drive in Mitchell.

**GRANITE CITY COMMUNITY BAND** rehearsals, 7:30 to 9 p.m. every Thursday, St. John United Church of Christ, 1900 Pontoon Road, Granite City, 831-0443.

**GREAT BENEFICIAL UNION OF PITTSBURGH**, District 491, Granite City Council, meets at 8 p.m., on Friday of each month, at Third Baptist Church, 26th Street and Grand Street, 831-0443. C. Reagan, president, can be reached at 288-7596; and Mary Solomon, secretary, can be reached at 451-9201.

**GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR** meets the second Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

**DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY**, 8 p.m., second Friday of each month, Granite City, 876-7151.

**GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR** meets the fourth Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

**METRO EAST LANDLORD'S ASSOCIATION** meets the first Monday of each month at the Eagles Lodge in Collinsville.

**CAMERA EXPLORERS CLUB**, Hartford Public Library, 443 W. Hawthorne St., 7 p.m., third Monday of each month. Call Beverly Zager, 254-9384.

**ELKETTETS**, Granite City Lodge 1063, Maryville Road, 931-2927, 7 p.m. the first Tuesday of each month except July and August.

**MADISON COUNTY LEGAL SECRETARIES ASSOCIATION**, meets the first Tuesday of each month at 6:30 p.m. Open to everyone in legal field: attorneys, legal secretaries, support staff, court reporters and court personnel. For more information call 465-4400.

(See CALENDAR, Page 58)

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(Continued from MADISON COUNTY EXTENSION CLUB City unit, noon each month, Annual Center. For more information call 876-7026 or 831-3367.)

## TRIO UNIT, MADISON COUNTY EXTENSION CLUB

meets the first, day of the month at Shoney's, Highway 66, Commerce Drive, Commerce, Mo. For more information call 876-7026 or 831-3367.

## TOASTMASTER

meets the first, day of the month at Shoney's, Highway 66, Commerce Drive, Commerce, Mo. For more information call 876-7026 or 831-3367.

## NATIONAL A RETIRED FED (NARF) Chapter

for the month of March have a luncheon for better leadership skills. The day of the month at Shoney's, Highway 66, Commerce Drive, Commerce, Mo. For more information call 876-7026 or 831-3367.

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## NEWS

## Calendar

(Continued from Page 4B)

**MADISON COUNTY HOME-MAKERS EXTENSION ASSOCIATION**, Granite City unit, noon, first Tuesday of each month, Anchorage Recreation Center. For more information call 876-7028 or 931-3735.

**TRIO UNIT, MADISON COUNTY HOME-MAKERS EXTENSION ASSOCIATION**, noon, first Tuesday of each month, Hope Lutheran Church, 3715 Wabash Ave., Granite City.

**TOASTMASTERS INTERNATIONAL** meets the first, third and fifth Tuesday of the month from 7 to 9 p.m. at Shoney's, Highway 157 (4th Commerce Drive), Collinsville. Come join us for better communication and leadership skills. For more information call 692-6026 or 344-2898.

**NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE)** Chapter 1067's meetings for the months of February and March will meet the second Thursday of these months, at 11:30 a.m., at Charlie's Restaurant in Granite City. For more information call

876-8450, or 452-3266.

**BAND PARENTS ASSOCIATION OF GRANITE CITY HIGH SCHOOL**, 3101 Madison Ave., 451-5806, 7 p.m., second Tuesday of each month.

**BENEVOLENT AND PROTECTIVE ORDER OF ELKS**, Granite City Lodge 1063, Mayville Road, Granite City, 931-3557, 8 p.m., second Tuesday of each month.

**KNIGHTS OF COLUMBUS, 3RD DEGREE**, 4225 Old Alton Road, 7:30 p.m., the second Tuesday of each month, 877-4250.

**KNIGHTS OF COLUMBUS, 4TH DEGREE**, 4225 Old Alton Road, 7:30 p.m., third Tuesday of each month, 877-4250.

**BENEVOLENT AND PROTECTIVE ORDER OF ELKS**, Granite City Lodge 1063, Mayville Road, Granite City, 931-3557, 8 p.m., fourth Tuesday of each month.

**JOB'S DAUGHTERS BETHEL #43** meets the fourth Tuesday of each month at 7 p.m. at the Masonic

Temple, 20th Street and Cleveland Boulevard.

**KNIGHTS OF COLUMBUS, 3RD DEGREE**, 4225 Old Alton Road, 7:30 p.m., fourth Tuesday of each month, 877-4250.

**GRANITE CITY KIWANIS** meet at Shoney's at 7:30 a.m. every Tuesday.

The Troy/Maryville/Collinsville chapter of **BUSINESS NETWORK INT'L (BNI)** meets every Tuesday at 7 a.m. at Randy's Restaurant in Troy. For more information, please call Lisa at 627-8340.

**BURT - BUBBLEMASTERS UNDERWATER RESCUE TEAM** meets at 7 p.m. the third Wednesday of each month at 4064 Old Alton Road next to the Mitchell Fire Protection Department. Tours are available by appointment. 931-8317 or write to the above address.

**MADISON COUNTY FAMILY ALLIANCE** will meet from 9 to 10:30 a.m. at Milton's Room at St. Elizabeth Medical Center in Granite City. For

information, call 462-4883, extension 104.

**NEW HOPE CHAPTER 432 ORDER OF THE EASTERN STAR** meets at 8 p.m. the first and third Fridays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

**TRIPLE LODGE 835 A.F. and A.M.** meets at 7 p.m. the first and third Wednesdays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

**SCHOOL OF METAPHYSICS**, 7:30 to 10:30 p.m., every Tuesday, 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

## Seniors

**PONTIAC BEACH SENIOR CITIZENS BINGO**, every Wednesday, 11:30 a.m., 3910 Highway 111, Pontiac Beach.

**CHOUTEAU TOWNSHIP SENIOR CITIZENS**, meets the fourth Thursday of each month, 8 p.m., Potluck, Social Center, 908 Thorngate Drive, Mitch-

ell.

**ATTENTION MEDICARE BENEFICIARIES**—Come and hear how Advantage can give you complete health-care coverage. You are invited to hear a presentation every Tuesday and Thursday at 10 a.m. at the Pontiac Beach Senior Center, 3910 Highway 111, Pontiac Beach.

**EAGLE PARK ACRE SENIORS OF MADISON** meet every Thursday from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

**FREE SENIOR CITIZEN EXERCISE CLASS**, 9 a.m., every Thursday, Anchorage Recreation Center, 2909 Edwards.

**FRIDAY AFTERNOON PINOCCHIO CLUB** for seniors 55 and over meets at 12:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Pontiac Road, Call 877-0350 for more information.

**PONTIAC BEACH SENIOR CITIZENS** pot luck dinner the last Saturday of each month, 5 p.m., 3910 Highway 111, Pontiac Beach.

**GRANITE CITY SENIOR SOCIAL CLUB**, meets at the Nelson Hagauer Township Hall. Doors open at 1 p.m. March 1 for the next bingo and games. For information, call 877-1215.

**PONTIAC BEACH SENIOR CITIZENS**, meeting, third Tuesday of each month, 7 p.m., 3910 Highway 111, Pontiac Beach.

## Support Groups

**STROKE SUPPORT GROUP**, for patients, their families and caregivers, 6:30 p.m., second Wednesday of each month, in Pascal Hall, St. Elizabeth Medical Center. Refreshments are served. Call 798-2015 for more information.

**PULMONARY SUPPORT GROUP**, for persons with diagnosed lung condition, 11 a.m. to noon every Wednesday in a Doctors' Seminar, St. Elizabeth Medical Center, 798-3019.

**ALANON**, 9:30 a.m. every Monday, 2116 Edison (side door) in Granite City, Call 463-2429.

**ALCOHOLICS ANONYMOUS**, 11 a.m. every Wednesday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

**ALANON ADULT CHILDREN** meets at 7 p.m. every Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429 for more information.

**ALCOHOLICS ANONYMOUS**, 8 p.m. every Wednesday, St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429 for more information.

**ALCOHOLICS ANONYMOUS**, 8 p.m. every Wednesday, St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429 for more information.

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**ALCOHOLICS ANONYMOUS**, 8 p.m. every Wednesday, St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429 for more information.

Wednesday of the month.

**PARENTS ANONYMOUS GROUP**, meets 5:30 to 6:30 p.m., first and third Thursday of each month. For information on where meeting will be held, call Elaine Seary at 462-2714 or Lyle Cabbary at 876-2382.

**MULTIPLE SCLEROSIS SELF-HELP GROUP** meets from 7 to 9 p.m., second Thursday of each month, in the PASCAL Hall at St. Elizabeth Medical Center, 2100 Madison Ave. in Granite City. Call 797-2780 or 451-0728 for more information.

**ALZHEIMER'S SUPPORT GROUP** meets from 6:30 to 8 p.m., third Thursday of each month, in the President's Room, inside Bonaventure's Cafeteria, on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave. The group focuses on addressing the questions and concerns of caregivers and family members of people with Alzheimer's. All meetings are open to community members. Call 798-3018 for more information.

**ALCOHOLICS ANONYMOUS**, 8 p.m. every Thursday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

**ALCOHOLICS ANONYMOUS**, 8 p.m. every Thursday, Presbyterian Church, Mitchell, (800) 307-6600.

**ALCOHOLICS ANONYMOUS**, 11 a.m. every Thursday, 2116 Club, 2116 Edison Ave., Granite City, (800) 307-6600.

**ALANON**, 7 p.m. every Thursday, St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Day Care room C. Call 463-2429.

**ALATEEN and PRELATEEN PROGRAM** for 12 to 17 age group, and prelateen for 11 year age group, meets at 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center conference room A. Call 463-2429.

**NARCOTICS ANONYMOUS**, Seeking recovery, 8 p.m. every Thursday, 2016 Delmar Ave., 24-hour hotline 268-9609.

**SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS** meets at 7:30 p.m. the second Friday of each month (September through May) at St. Boniface School, 128 N. Buchanan, Edwardsville. Call 465-1463.

**HEREDITARY ATAXIA** (a disorder of nerve cells in the spinal cord and cerebellum) **SUPPORT GROUP** meets the second and fourth Friday of each month. Call Curt Williams, 877-5172, for information.

**ALCOHOLICS ANONYMOUS**, noon and 8 p.m. every Friday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

**ALCOHOLICS ANONYMOUS**, 8 p.m. every Wednesday, St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429 for more information.

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Bridgeton 1225 St. Charles Rock Rd. (314) 298-7667 North County 11016 Old Halls Ferry (314) 355-8534

St. Louis 4650 Lansdowne (314) 351-4010 Ballwin 15031 Manchester Rd. (314) 256-8777

Kirkwood 1135 S. Kirkwood (314) 821-8866 Shrewsbury 125 Kenrick Plaza Dr. (314) 962-8878

Overland 8901 Page (314) 429-5155 Fairview Hts. IL 110 Commerce Lane (618) 397-1251

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JACK SALMON... \$4.25  
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NEWS

# Country's soul, spirit to be celebrated

By Kimberly Haas  
Staff writer

Celebrating America and its nationalities are the driving forces behind the Eighth Annual Ethnic Day. "All of the nationalities meshed together to make this the greatest country in the world," said David Jacknewitz, founder of Ethnic Day. At 10 a.m. on March 2, Ethnic Day kicks off at the Caseyville Township Building, 10001 Bunkum Road, in Fairview Heights. Last year, about 30 nationalities were represented by over 500 people at the event.

"To me, it's just a big family gathering. A lot of people come just to have a good time," Jacknewitz said. All nationalities present will be represented during a special flag raising ceremony. The Fairview Memorial Post 8877 Honor Guard and Auxiliary, along with the Polish American War Veterans and Auxiliary, will be at the ceremony. Entertainment will be provided by a dance troupe from Madison. In addition, Art Stepping will perform before and after the Ethnic Day ceremonies. Food and beverages from the various ethnic groups will also be served.

Jacknewitz credits the Ethnic Day Committee with the event's eight-year success. Committee members include Everett Moody, Joseph Skowron, Fred Dintelman, Tom Schlattwiler, Gail Mitchell, Joyce Erno and Mary Ann Jones. Jacknewitz founded Ethnic Day in honor of his Polish mother, Lucille Smolik, who passed away five years ago. Consequently, the event is held each year on Casimir Pulaski Day.

## Calendar

(Continued from Page 5B)

**STEMS (Support Together for Emotional and Mental Serenity and Sobriety)**, A support group for people with a mental illness and an alcohol or substance abuse problem, meets every Friday from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center, call 798-3604 for more information.

**DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY** will meet from 1 to 3 p.m., every Friday, at St. Elizabeth Medical Center, Granite City, in the Miloski Room located in the basement. For more information call the DMDA office at (314) 775-3969.

**RIVERS OF WATER WORKSHOP CENTER SUPPORT GROUP**, meets the first and third Saturday of each month, at 1307 Madison Avenue, Madison, 9:30 to 11 a.m., to comfort and restore. Group membership is open to all who are "broken" — at no cost. Workshop service will follow each third Saturday at 11:30 a.m. For more information, call 341-3643 or 658-7831.

**OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUP**, meets the third Saturday of each month, at the Gontard Conference Center at St. John's Mary Medical Center, 615 South New Ballas Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information call (314) 842-7228.

**ALCOHOLICS ANONYMOUS**, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, (800) 307-8600.

**NARCOTICS ANONYMOUS**, Acceptance, 8 p.m. every Saturday, 2016 Delmar Ave., 24-hour hotline 398-9409.

**ALCOHOLICS ANONYMOUS**, 1:30 p.m. and 8 p.m. every Sunday, 2116 Club, 2116 Edison, Granite City, (800) 307-8600.

**NARCOTICS ANONYMOUS**, Live the Steps, 8 p.m. every Sunday, 2016 Delmar Ave., 24-hour hotline 398-9409.

**ALCOHOLICS ANONYMOUS**, 8 p.m. every Sunday, St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, (800) 307-8600.

**PROSTATE CANCER SUPPORT GROUP**, 3 to 4:30 p.m., third Sunday of each month, at Central Christian Church, 2020 Johnson Road, Granite City. The group, men only, will meet in the church's Terrace Room, enter through the Fellowship Hall door on the east side of the building. There is no charge. For more information phone Roger Zollars, any evening, at 656-5438.

**MADISON COUNTY PATIENTS WITHOUT PARTNERS** meets the fourth Monday of each month in the Fellowship Hall at Nameki United Methodist Church, 1900 Pontoon Road in Granite City. For more information, call 931-0157.

**ARTHRITIS SUPPORT GROUP**, 7 p.m., fourth Monday of each month, Alton Memorial Hospital cafeteria, Room 5.

**CHEMICAL DEPENDENCY RELAPSE PREVENTION GROUP** meets from 8:30 to 9:30 p.m. every Monday at the University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3688.

**NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE**, a support group for nonoffending parents of victims, meets from 8 to 9:30 p.m. every Monday at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

**DIABETES SUPPORT GROUP**, 1 to 3 p.m., first Tuesday of each month, St. Elizabeth Medical Center, 798-3604.

**ALLIANCE FOR THE MENTALLY ILL OF MADISON COUNTY (AMI)** meets the first Tuesday of each month from 7 p.m. to 9 p.m. at the Mental Health Clinic, 50 Industrial Drive, Granite City. For information call 798-3604.

**CUPFUL/ALLIANCE FOR THE MENTALLY ILL** will meet at Market Avenue Church of God, 1505 East St. Louis every fourth Saturday of each month from 2 to 4 p.m. For more information, call (314) 888-8031.

**BETTER BREATHERS**, support group of those with chronic lung condition, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3118.

**MASTECTOMY SUPPORT GROUP**, 7 to 9 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, second Tuesday of each month, 798-3604.

**LUPUS RHEUMATOIDES SUPPORT GROUP**, sub-chapter of Illinois Lupus Foundation, 7:30 p.m., third Tuesday of each month, Memorial Hospital auditorium, Belleville, 333-7750, extension 5869.

**PARENTS OF MURDERED CHILDREN**, St. Louis Chapter, 8 to 10 p.m., third Tuesday of each month at the American Cancer Society Building, 2021 Lindell Blvd., St. Louis. For more information call 452-2149 or (314) 391-2230.

**SPOUSE SUPPORT GROUP**, sponsored by Nameki United Methodist Church, meets the third Tuesday of each month. For meeting time and place, call the church at 877-1936.

**SINGLES CONNECTION** remaining February events are Game night, 7 p.m. Wednesday, Feb. 25. Meet at 10:30 in Edwardsville and bring cards and games. RSVP to Paul, 332-1731. Come at 9 p.m. Friday.

Feb. 27 to Rusty's on Main Street in Edwardsville and listen to the band. RSVP to Kevin, 288-5496. Attend the Royal Dumps in St. Louis on Saturday, Feb. 28. If interested, call Sandy at 344-1393 or Jim W. at 288-5939 immediately.

**OSTOMY SUPPORT GROUP**, 2 to 4 p.m., fourth Tuesday of every month, Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3167.

**PEOPLE NEEDING PEOPLE BEREAVEMENT SUPPORT GROUP**, 7 to 9 p.m., fourth Tuesday of each month, Westman Room, first floor, St. Elizabeth Medical Center, call Hospice of Madison County, 798-3399.

**ALCOHOLICS ANONYMOUS (women only)**, 8 p.m., every Tuesday, Presbyterian Church, Mitchell, (800) 307-8600.

**ALCOHOLICS ANONYMOUS**, 8 p.m., every Tuesday, St. John United Church, 2901 Nameki Road, Granite City, 692-8078.

**ALANON**, 8 p.m., every Tuesday, St. John United Church, 2901 Nameki Road, Granite City, 463-2429.

**ALANON**, 8 p.m., every Tuesday, Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

**ALATEEN AND PREALATEEN PROGRAM** for 12 to 17 age group, and prealateen for seven to 11 year age group, now meets at 7 p.m. every Thursday at St. Elizabeth's Medical Center, 2100 Madison (in the Kettler Center C Dayroom). For more information call 483-2429.

**THE CIRCLE OF HOPE**, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the King's House on North 68th Street in Belleville. For more information, call 234-0291.

**NARCOTICS ANONYMOUS**, Path to Recovery, 8 p.m. every Tuesday, 2016 Delmar Ave., 24-hour hotline 398-9409.

**LEARNING TO LEARN** support group for families with special needs children, for families and friends of any child with any disability. Meets 7 to 9 p.m. the first Tuesday of every month at Word of Life Tabernacle, 4870 Maryville Road in Granite City, 398-8853.

Childcare is provided. Call Gina at 431-6453.

## Other

**OLD SIX MILE HISTORICAL SOCIETY** March meeting will be held at 7 p.m. March 3 at the United Presbyterian Road, 1700 Pontoon Road. Parking with no state involved is available on the east side of the church. The speaker for the evening will be Greg McGee, the branch librarian for the Granite City Public Library. He will speak on the past and present of the Granite City Library.

**ASSOCIATION FOR THE PROTECTION OF ANIMALS**, Trivia Night fundraiser, 7 p.m. Saturday, Feb. 28, at the Granite City Town Hall, 2060 Delmar. Cost is \$10 per person. For more information, call 531-7030 or (314) 349-1531.

**COLLINSVILLE VFW FLEA MARKET**, is holding a grand opening from 9 a.m. to 4 p.m. Sunday, March 1 at the VFW Hall, 1234 Vandallia in Collinsville. Approximately 90 indoor tables of collectibles, bric-a-brac, antiques, jewelry and miscellaneous projects as well as a cell phone sale are featured. Admission is free. For more information, call 667-2025.

**MADISON COMMUNITY ACTION GROUP**, meets at 7 p.m. every Wednesday. For more information call Dan at 452-2336 or Diane at 878-1360.

**MADISON COUNTY GENEALOGICAL SOCIETY**, meets 7 p.m., second Thursday of each month, at Immanuel United Church, 800 N. Main, Edwardsville.

**EDWARDSVILLE KENNEL CLUB**, 7:30 p.m., second Thursday of each month, Hayes Mall Community Building, 216 Crane St., Edwardsville, open to public.

**EAGLES AUXILIARY 1126 BINGO**, 1 p.m. every Sunday at the Nameki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffish.

**GATEWAY SOUNDS CHORUS**, 7:30 p.m. every Tuesday at the Collinsville Senior Citizen Center, 420 E. Main, Collinsville. For more information, call Joyce Greiner at 398-8853.

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# ENTERTAINMENT

## 'Wedding Singer' is a pleasant diversion

What is there about weddings that make them such a popular movie material? The reason seems to be that weddings are normally solemn, ceremonial events. And when things go awry, such as the

bride or groom not showing up or a voice from the church objecting to the marriage, it can be dramatic or hilarious, or both.

Some examples: "Father of the Bride," "Four Weddings

and a Funeral," "My Best Friend's Wedding." "The Wedding Singer" doesn't quite match those films, but it is a pleasant diversion, well acted, and punctuated with explosive laughs.

Adam Sandler plays a wannabe songwriter who earns his keep — \$60 a night — emceeing wedding receptions. He's good at it, singing, cajoling, spreading joy to all the participants.

With some trepidation, Sandler is facing his own wedding to a beautiful airhead (Angela Featherstone). At one of his jobs, he meets a first-time waitress, Drew Barrymore, who is engaged to a rough, womanizing bond salesman (Matthew Glave) who drives a DeLorean and is in no hurry to get married.

When his bride fails to appear at the church, Sandler goes ballistic. At one of his jobs, he insults the guests, maligns the wedding couple and ends up getting punched out by the father of the bride.

Sandler's work is stolen by a smarmy wedding singer (unbilled Jon Lovitz), and falls further into despair. His only solace is the sunny Barrymore, who enlists him to help in the preparations for her wedding. He soon discovers that her intended groom is an unworthy two-timer. The climax comes on a jet headed for Las Vegas with a hugely funny scene featuring rocker Billy Idol.

"The Wedding Singer" was tailored to Sandler's talents by three men who know his work best, old buddies from New York University: producer Jack Giarraputo, writer Tim Herlihy and director Frank Coraci. They serve him well.

Herlihy's script shows some entertaining, with a number of surprises. Coraci has Sandler underplay most of his scenes, hence he becomes a more endearing character.

— Associated Press

## HOROSCOPE

Wednesday, Feb. 25  
The moon enters Pisces late in the afternoon, making the day seem like two chapters in the book of your emotional life. The first chapter is one of carefree, social fun. The second mood is one of introspection. Try to let this gnawing jealousy spur you on to greater accomplishment instead of allowing it to eat away at your ego.

**TODAY'S BIRTHDAY** (Feb. 25). It's a year when self-starters get financial breaks. Relatives loan money in the next three weeks. A move out of state could enhance your confidence. Investments made in May provide long-term financial security. Marry in June. Pisces and Cancer help you all year long. First-class travel has hidden financial benefits. Luck comes through shrewd business and the arts.

**ARTIES** (March 21-April 19). Self-discipline is essential, especially for creative people. Don't take halfway measures in love. Keep your options open as long as possible. Talking about problems is only good if you are truly trying to find a solution.

**Taurus** (April 20-May 20). You do not have to be so kind to one who isn't fulfilling obligations. Get tough. Your lucky streak comes soon. Special times with a pal may turn to romance. Being alone is satisfying.

**GEMINI** (May 21-June 21). Analyze a business situation now while the details can be easily worked out. Give hold and will be even more powerful when you return. Give to a worthy cause. Conditions at home will change.

**CANCER** (June 22-July 22). Try not to dwell on the past. Focusing on negativity only gives it the nourishment needed to take over your life. Financial questions are deftly answered by experts. A Capricorn or Virgo love flourishes.

**LEO** (July 23-Aug. 22). Catch up with writing tasks and personal routines. It's easy to give when the one you give to is so very grateful. Avoid hurting family feelings tonight by changing plans or nit-picking.

**VIRGO** (Aug. 23-Sept. 22). Salvage out-of-date projects. Expect a child to interrupt, and be kind. Keep new project close to the vest for now. If you take too much time making a decision, you lose completely.

**LIBRA** (Sept. 23-Oct. 23). Your work environment is anything but normal, so your boss needs you even more. Begin negotiating new arrangements at home. Repairs are easier next week — so is love. Go in high style tonight, skipping on nothing.

**SCORPIO** (Oct. 24-Nov. 21). Outrageous remarks impress supervisors. In love, give ultimatums — but only if you will indeed follow through. Focus on one solid goal this afternoon, and you'll have it by nightfall.

**SAGITTARIUS** (Nov. 22-Dec. 21). Misunderstandings may require a little time, so move on. Give a new friend a chance to prove his or her sincerity. Travel and explore. You gain through your association with a business partner.

**CAPRICORN** (Dec. 22-Jan. 19). It is nice to receive praise, but ask for a little money, too. You are indispensable on the job. Incorporate suggestions of new friends. Last year's hard work is starting to pay off.

**AQUARIUS** (Jan. 20-Feb. 18). Ask for a raise, a promotion or fringe benefits. Luck comes through a Taurus. A sacrifice for your family is easy for you to make. Big news you've been waiting for comes at last.

**PISCES** (Feb. 19-March 20). Diffuse tension with honesty. Customers and traffic call for a calm approach. Give loved ones extra space for emotional turmoil, and they'll soon be back to their old cheerful selves.

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# Today's Food

Wednesday, February 25, 1998

## Food & Nutrition

### Wise Ways

Take advantage of supermarket specials on fish for a delicious, spring-like take on wholesome eating.

### Heart-y Bites

Give luscious chocolate credit for what it is. Don't get caught in its inquisition for every unhealthy effect.

### Blue Ribbon Cook

Week's contest winner drums up a warm pizza-flavored dip.

### Private Label Test Run

Testers check whether bread sticks from a refrigerated roll in private label brands save quality, as well as money.

### Micro Raves

Pie leaves a sweet and crusty image when it is time to enjoy a serving of indulgence.

### Lively Taste

Combine spices already on the shelf to create Cajun flavor in manageable quantities. Combine 3 tablespoons paprika; 2 tablespoons each garlic powder, cayenne pepper, oregano; onion powder, black pepper and thyme; and, if desired, 1 tablespoon salt.

## Health & Fitness

### Medicine Chest

Nonsteroidal anti-inflammatory drugs are a typical means of treating arthritis pain, but long-term use potentially can yield ulcers as a side effect and become life-threatening in elderly patients. The U.S. Food and Drug Administration has approved Arthrotec that helps protect against peptic ulcers. Misoprostol coats the drug diclofenac. The coating helps protect the stomach and small intestine better than other NSAIDs.

### Fresh Picks

No matter the weather, faithful citrus saves the winter day as more than a fair-weather friend among the fresh produce. Give it a new image. Use orange juice as part of the liquid in rice pudding; sprinkle tops of servings with thin strips of orange peel. Create ambrosia sauce to pour over slices of angel food cake by adding segments of oranges, grapefruit and grapes to a sauce made by cooking 1/4 cup sugar, 1 tablespoon cornstarch, 1 teaspoon finely shredded orange peel, 1 cup orange juice and 2 teaspoons lemon juice until thick. Use tangy citrus vinaigrette on salad. Combine 3/4 cup frozen orange juice concentrate, thawed, with 1/4 cup vinegar, 1/4 cup olive oil, 1/4 cup water and 1/4 teaspoon pepper. For variety, add 1 clove garlic, crushed; 1/2 teaspoon grated ginger root, or 1 teaspoon snipped fresh (or 1/4 teaspoon dried) thyme or basil to 1/3 cup citrus vinaigrette.

### Big Fat Tip

Start with vegetable broth for a hearty soup. Combine 3 cans broth, 2 cups shredded cabbage, 2 cups frozen cut green beans, 2 cups thickly sliced zucchini (2 medium), 1-1/2 cups sliced carrot, 1 cup sliced celery, 1/4 cup uncooked rice and 1/2 teaspoon leaf basil, crushed. Over high heat, bring to boil. Reduce heat to low. Cook, covered, 20 minutes or until vegetables and rice are tender. Fat-free or low-fat beef or chicken broth also can be used.

### Future Shop

Age and gender relate to people's efforts to enjoy a balanced diet and physical activity, according to the American Dietetic Association's 1997 Nutrition Trends survey. Women are more likely than men (42 vs. 36 percent) to say they are doing all they can to achieve a healthful diet, while people 55 and older more likely strive to eat well than those who are ages 25 to 34 (55 vs. 23 percent). While eight in 10 Americans believe physical activity is as important as a nutritious eating plan, men are more apt to get regular physical activity than women (47 vs. 40 percent). Of course, a major challenge educators face in marketing good nutrition is the disparity in ages, with a large segment of the population moving into the 'mature' category and a burst of children at the opposite end.

## SEAFOOD



## Simple Sublime



By Janice Danham  
Staff writer

When it's time to get away from it all, the dream is to step into a boat or sit on a bank and listen to the crickets creak and wait for the fish to bite. Who cares about the way fish deliver anti-clotting effects on blood?

When the fisherman heads back to the everyday routine of rat-race city, eating fish counts to help lessen the chance of a heart attack.

It's the catch of the season. Seafood is good news. It is easy, delicious and healthful to eat.

Fish-eating societies like the Japanese have a much lower incidence of heart disease than Americans. Of course, eating it fried or in heavy oil diminishes the effect, so prepare it wisely by baking or broiling, poaching in wine or herb-seasoned broth, grilling and flavoring with barbecue sauce, or stir-frying or steaming with vegetables.

Omega-3 fatty acids are the wonder ingredient in seafood that throws the life preserver. Trials so far show no benefit from taking fish oil capsules, so permission is given the lucky seafood lover to eat a favorite food. To have a positive effect, two or three servings a week are recommended, but recently a study showed eating it even once a week gave actual results.

Excellent sources of omega-3s include salmon, tuna, mackerel, sardines, sablefish, shark, halibut and trout. The warm water produced by El Nino in the Pacific Ocean is producing a banner year for fishermen who reel in tuna, swordfish, shark and sardines.

Interestingly, omega-3s also are found in some plants, like leafy greens, including spinach and mustard greens; soybean and canola oil; wheat germ, walnuts and tofu.

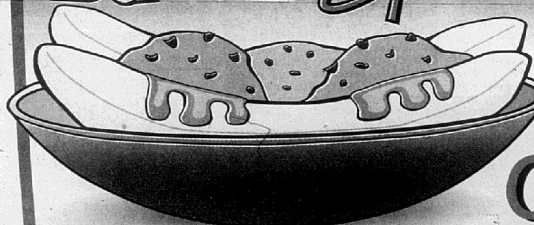
The market is full of fish waiting to be landed. Always buy fish that smells and looks fresh. During the season of Lent, which starts today, seafood will be featured in most stores.

Frozen varieties include surimi seafood, made from fresh whitefish, often pollock, and flavored to imitate crab, lobster and scallops. Because it needs no cooking, it can be used straight from the freezer or refrigerator for the ultimate in convenience.

On the Internet are several sites with more

SEE SEAFOOD, INSIDE TODAY'S FOOD PAGE 2C

## Banana Split Breakfast



Peel and split a banana. Place halves in shallow soup bowl. Top with sliced berries or grapes or vanilla or fruit-flavored yogurt; sprinkle with a chopped almonds or granola.

## Kids' Cuisine

Adjust proportions to fit age and size of those celebrating morning. Add a few crackers, toast or a slice of bread and milk for a complete meal.

Mich Linhardt graphic

# Today's Food

## Heart-y Bites

### Chocolate 'not guilty' in harmful-health trial

Choco-maniacs can rejoice. There is a way to have your chocolate and eat it, too!

How is that possible with bags of week-old Valentine chocolate lingering in kitchen cabinets and aisles of Easter treats calling out names of people who stroll through the supermarket? Luscious, irresistible chocolate has taken the rap for causing all sorts of problems. New research finds this favorite flavor "not guilty" on many counts.

The evidence at times has been staggering. Chocolate has been accused of causing acne, decaying teeth, raising blood cholesterol and additively causing caffeine jitters.

So are these accusations facts or myths? Relax, there is simply not enough evidence to convict anyone of criminally becoming a slave to a craving.

Scientists can find no link between eating chocolate, even large amounts of it, and skin blemishes. Foods derived from plants contain no cholesterol, so chocolate is no exception.

The cocoa butter in chocolate, though a saturated fat, is largely composed of stearic acid, a fatty acid that does not elevate blood cholesterol levels.

To call a spade a spade, chocolate is high in fat. Too much fat can raise blood cholesterol, so give in to devious cravings with a small amount or try chocolate-flavored hard candies with no fat.

Research also indicates

chocolate seems to harm teeth less than other sweets with the same sugar content and does not necessarily cause the growth of bacteria that promotes plaque formation and cavities. The worst culprits are sticky foods that cling to the teeth, which include sticky candies covered with chocolate.

Chocolate contains caffeine, but not much. An ounce of mild chocolate has just 5 milligrams, compared to 100 to 150 milligrams in a cup of coffee and 30 to 50 milligrams in a 12-ounce can of cola. Chocoholics may crave it in quantity, but it is not the same as the powerful addiction to nicotine. On the other hand, some evidence indicates chocolate is a mood booster. It contains phenylethylamine, which causes the brain to produce chemicals that duplicate the lighthearted feeling of being in love.

The summation is that moderation becomes the alibi in any criminal investigation of eating chocolate. Have a piece or two of last week's Valentine chocolates or the Easter candy awaiting an April delivery.

A small piece of an all-time favorite, luscious chocolate cake is not sinful either.

A slice of this low-fat one, complete with rich icing, satisfies a chocolate craving without guilt.

Registered dietitian Erica Sachs is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

By ERICA SACHS

#### LOW-FAT DEVIL'S FOOD CHOCOLATE FUDGE CAKE

2 1/2 cups water  
1 cup (10 oz.) dried plum puree ("butter and oil replacement" in baking section of market)  
5 eggs  
1 1/2 tsp. vanilla  
2 1/2 cups flour  
3 cups granulated sugar  
2 1/4 cups cocoa powder  
4 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt

Preheat oven to 325°. Grease 16-by-11-inch jelly-roll pan.

Using electric mixer, beat water, plum puree, eggs and vanilla until creamy.

In second bowl, mix flour, granulated sugar, baking powder, baking soda and salt. Mix into creamed mixture until just thoroughly blended. Do not overbeat.

Spread batter in prepared pan. Bake in preheated oven about 30 minutes until pick inserted in center comes out clean. Cool in pan.

Spread icing over cake. Icing: In bowl, combine 6 1/4 cups confectioner's sugar and 1 1/4 cups nonfat milk, and 3/4 cup unsweetened cocoa powder until smooth.

Makes 4 servings (2-by-3 inches); 202 calories, 3.6 g protein, 47 g carbohydrate, 1.2 g fat, 28 mg cholesterol and 59 mg sodium each.

## Wise Ways

### Become hooked on fish and have a good week

By CYNTHIA FAUSER

Eating at least one meal with fish per week may cut in half the risk of sudden death by heart attack in men, reports a Jan. 7 story in the Journal of the American Medical Association.

This is not the first time the positive health benefits of eating fish have been published, but this study seems significant because it had a large number of participants—26,551 male physicians ages 40 to 84. It is important that in this study fish consumption did not mean fewer heart attacks, but fish-eaters may have a better chance of surviving a first heart attack. More than half the 250,000 sudden cardiac deaths that is, death within one hour of onset—per year have no previous history.

Just one serving of "fatty" fish each week seems to be protective. Fatty fish include tuna, salmon, mackerel and shellfish. There may be something beneficial in fish itself besides fish oil, so it is better to stick with fish—the food, rather than fish oil—the supplement.

Fish provides quality protein with less saturated fat

than fatty meats and may improve several heart risk factors. Several studies found cardiac benefits from fish, but the jury is still out on the value of supplements.

Factors surrounding fish consumption may have affected the group studied. People who eat fish weekly are often more health-conscious in general and likely exercise regularly. On the other hand, fish consumers are often more health conscious because they must control other risk factors, such as high cholesterol, hypertension or family history of heart disease.

Whatever the case, a scenario that includes fish seems to help.

Broiled Salmon Steaks with Herb Sauce comes from "Seafood: A Collection of Heart Healthy Recipes" by Ernie Hansen. Trout can be substituted for the salmon.

Registered dietitian Cynthia Fauser is nutrition specialist for University Extension (University of Missouri system) in St. Louis County.

#### BROILED SALMON STEAKS WITH HERB SAUCE

1 lb. salmon steaks  
1 tbsp. margarine  
1/4 cup dry white wine  
1 tsp. chopped fresh parsley  
1/4 tsp. fines herbs or bouquet garni  
1 clove garlic, minced

In saucepan over low heat, warm margarine, wine, parsley, herbs and garlic until margarine is melted. Let stand 15 minutes.

Place fish on broiler. Brush fish with sauce. Broil about 4 inches from heat source 4 to 6 minutes. Turn carefully. Brush with sauce.

Broil 4 to 6 minutes longer until fish flakes when tested with fork.

Notes: Can be barbecued instead of broiled. Serve with baked potatoes and baked squash, if desired.

Makes 4 servings; 190 calories, 10 g fat, 90 mg sodium and 75 mg cholesterol each.

## Seafood

Continued from page 1 recipes that relate to Today's Food: [www.louisiana.gov](http://www.louisiana.gov) or surimi (or call toll-free 1-800-522-1421), [www.seafood.com](http://www.seafood.com) for rice (or write to: Seafood Success, P.O. Box 2636, Houston, Tex. 77252), and [www.nfi.org](http://www.nfi.org) for the National Fisheries Institute.

#### SCALLOPS WITH WALNUT AND SNAP PEA ORZO

1 1/4 lb. scallops (about 24 medium)  
2 tsp. herb de Provence or Italian seasoning  
8 oz. uncooked orzo (rice-shaped pasta)  
1 tsp. chopped garlic  
8 oz. snap peas, trimmed  
1/2 cup chopped walnuts  
1 tsp. basil-flavored or plain olive oil

Rinse scallops and dry well. Sprinkle evenly with herbs.

Cook orzo according to package instructions. Hold in covered pan.

Coat nonstick skillet with nonstick cooking spray. Sauté garlic, snap peas and orzo in medium-high heat 2 to 3 minutes. Add to orzo. Re-cover pan.

Coat skillet again with cooking spray. Sauté scallops over high heat 2 minutes on each side until lightly browned.

To serve, place scallops on plate with orzo. Drizzle with oil and sprinkle with reserved chopped walnuts.

Makes 4 servings; 500 calories, 15 g fat, 47 mg cholesterol, 238 mg sodium, 58 g carbohydrate and 35 g protein each.

#### CRAB STIR-FRY

1 pkg. (8 oz.) surimi (imitation crab) seafood  
1 bag boil-in-bag white rice (2 cups cooked)  
1 pkg. (10 oz.) frozen stir-fry vegetables with seasoning (if using unseasoned stir-fry vegetables)

Prepare rice and vegetables separately according to package directions.

Two minutes before vegetables are done, add seafood. Blend well after cooking.

Serve over bed of hot cooked rice. Sprinkle with lemon-pepper or season with soy sauce, teriyaki or sweet-and-sour sauce. Makes 4 servings.

#### WALNUT-CRUSTED SEA BASS WITH FRUIT SALSA

1 lb. sea bass or any firm white fish, cut in 4 servings  
1 cup buttermilk  
1/2 tsp. pepper sauce  
2 tsp. fresh lime juice  
1/4 tsp. salt  
1 large shallot, finely chopped (1/4 cup)  
1 can (4 oz.) diced green chiles  
2 tsp. chopped fresh cilantro  
6 peaches, peeled, diced (4 cups)  
1/2 cup ground or crushed walnuts  
Toasted walnut halves and cilantro sprigs for garnish, if desired

Place fish in glass baking dish. Combine buttermilk and pepper sauce. Pour over fish, turning it over to coat both sides. Cover tightly. Refrigerate at least 8 hours or overnight.

To make salsa, stir lime juice and salt in bowl until salt is completely dissolved. Stir in shallot, green chiles and cilantro. Add peaches. Mix well.

Preheat oven to 400°. Coat baking sheet with nonstick cooking spray.

Put walnuts on plate or in shallow bowl. Remove fish from buttermilk and press it into walnuts, coating each side evenly. Place coated fish on prepared baking sheet. Spray fish lightly with cooking spray.

Bake in preheated oven 12 to 15 minutes until golden brown and fish flakes when tested with fork.

Serve salsa around fish on individual serving plates. Garnish with walnut halves and cilantro sprigs.

Makes 4 servings; 349 calories, 13 g fat, 118 mg cholesterol, 408 mg sodium, 28 g carbohydrate and 31 g protein each.

## Recipes

#### HERBED CHICKEN FINGERS

1/2 cup (2 oz.) shredded mozzarella cheese  
1/4 cup prepared pesto  
2 tsp. chopped pimento  
1 can (5 oz.) chunk white chicken, drained  
2 hard rolls (7 inches long), split, toasted

In small bowl, combine cheese, pesto and pimento. Add chicken.

Toss gently until mixed.

Place roll halves on cookie sheet. Divide chicken mixture between rolls.

Broil 5 inches from heat 2 minutes or until cheese melts. Slice each roll half in 4 pieces.

Makes 16 appetizers.

#### CHICKEN NOODLE CASSEROLE

Cook 4 cups egg noodles according to package directions. Combine with 2 cans (10 1/2 ounces each) cream of mushroom soup, 1/4 cup milk, 1 cup cubed, cooked chicken, 1 can (10 ounces) diced tomatoes and green chiles, and 1 box (10 ounces) frozen mixed vegetables, thawed and drained.

Place mixture in 13-by-9-inch baking pan.

Bake, covered, in 350° oven 30 minutes or until heated through.

Makes 8 servings.

## Private Label Test Run

### Serve bread sticks and rise to hear grateful applause

Serve bread sticks and the family gives the cook a gold star. Serve private label bread sticks and the person who buys them gets two gold stars for their quality and economy, according to results of this week's Private Label Test Run.

Testers tried three tubes—Hyde Park from National Markets, Merico from Shop 'n Save and Schnucks from Schnuck Markets—of refrigerated dough.

Individual strips of dough from each roll is twisted and baked 15 to 17 minutes on an ungreased baking sheet in a 350° oven to make eight soft bread sticks.

Testers needed no encouragement. The aroma of "fresh bread," as one person put it, wafted through the hall. Put side by side, they showed differences, partly because those baked on a pan with sides left the tops lighter in color. Other wise, they were equally appreciated.

"I really could tell very little difference between the bread sticks except in the crispness on the tops. They were all very flavorful. The texture was fluffy and soft, as it should be," a tester said.

The price was about \$1.49, 20 to 40 cents less than a national brand.

"All the bread sticks hit the spot. The Hyde Park did seem a bit oilier and crunchier. All were light and fluffy and tasted like bread sticks. I doubt I could tell a difference between these and the name brand," another tester said.

Individual differences were noted, although it was because they were tested at the same time.



Tasters were delighted that private label bread sticks baked to warm and golden perfection.

One tester judged the Hyde Park "really flaky, crispy outside, mild roll-like flavor," the merico "also flaky, crispy outside, tasted sweeter inside than the others," and the schnucks bread sticks as "baking up big with a chewy dough inside, 'the most bread-tasting of the group.'"

Another tester also called the Hyde Park brand a little greasier, but later thought the consistency may have been more noticeable because she ate at a hotter temperature than the rest.

"I did not detect flavor differences. If I were blindfolded, I may very well not know differences," she said.

Another liked the merico's flavor best, but called it all of them good and better.

The shopper for the bread sticks also baked them for the testing.

"I couldn't detect any differences. The label information was identical. The dough looked and felt the same out of the packages. By the time we tested them, the Merico brand was a couple days short of its expiration date, but it baked up excellently," she said.

All the dough didn't fit on the pans for testing, so she baked the extra strips on a separate pan. It was hard to pick out individual brands when they were baked together.

She said, "These have not been part of my kitchen repertoire, but they will be now. They are wonderful as is."

"You could get by at dinner with one or two at 2 1/2 grams fat each, even sprinkle them with a little parmesan cheese or garlic powder for extra flavor."

## Micro

### Only occasional

Once in a while most confirmed waist watchers have to take the halo to incite the decadence boredom ruling wings will be garage sale.

Dessert is deviation of course when the less time course when with the help wave oven.

Pies made tional pudding as much as constant stirring top cooking, in a minutes cooking time in half, ing concentration heat on the pan, so always at the stirred again.

In microwave heat is achieved directions. Try always show the well at the stirred again.

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# Today's Food

## Micro Raves

By JUDY EDDY

## Only a stoic passes up occasional decadence

Once in a while, even the most confirmed weight and waist watcher puts aside the halo to indulge in a little decadence. Otherwise, boredom rules and the wings will be sold in a garage sale.

Dessert is usually the deviation of choice. There is less time to change course when it is prepared with the help of a microwave oven.

Pies made with a traditional pudding filling take as much as 20 minutes of constant stirring with stove-top cooking, but preparation in a microwave oven cuts cooking and stirring time in half. Stove-top cooking concentrates the cooking heat on the bottom of the pan, so scorching is always a risk.

In microwave cooking, heat is achieved from all directions. The ingredients always should be mixed well at the beginning, then stirred again at least twice

during the cooking time, because of the quickness of the cooking from all sides.

Crumb crusts are easy to prepare in a microwave oven. Graham crackers, vanilla wafers, gingersnaps and even leftover cookies make flavorful pie crusts for cream pies.

Break the cookies or crackers into small pieces in a resealable plastic bag. Using a rolling pin, crush them into crumbs. Combine 1½ cups crushed cookie crumbs, ¼ cup butter or margarine (melted) and ½ cup sugar well. Press crumbs against the side and bottom of greased 9-inch pie plate. Microwave on high power 2 minutes. Let the crust cool before adding the filling.

Chocolate sandwich cookies make a delicious pie crust. Crush 24 cookies, then combine the crumbs with ¼ cup margarine to prepare one 9-inch crust. For a welcome change to

traditional cream pie, try this fruity combination of pineapple, bananas and coconut in a graham cracker pie shell. It will be a dream ticket for a trip to a favorite island.

Home economist Judy Eddy specializes in microwave cooking.

### ALOHA PIE

- 2 (9 inch) graham cracker pie shells, cooled
- 1 can (20 oz.) crushed pineapple
- ¾ cup sugar
- 3 tbsp. cornstarch
- 3 bananas, sliced
- 1½ cups chopped walnuts
- 1 carton (8 oz.) frozen whipped topping, thawed
- 1 cup shredded coconut

In microwave-safe bowl, combine pineapple, sugar and cornstarch. Microwave on high power 6 minutes.

## Blue Ribbon Cook

## Warm pizza dip is a family 'keeper'

Patricia A. Schlenk, Maryland Heights, is winner of this week's recipe contest for Pepperoni Pizza Dip. Her prize is dinner certificates at the Pasta House Co.

She "borrowed" the recipe from a choir director, but she knew it was a "keeper" from the first time she made it.

This month's contest is drawing to a close. It requests recipes for anything made with seafood, such as an appetizer, soup, main dish or side dish.

Send a single recipe by Sunday to: Seafood Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, 63131.

Entries will be judged for a prize of dinner certificates from Pasta House Co. to be awarded each of the four Wednesdays during March.

Type or print it legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive.

Be sure to double-check the recipe as it is written for both amounts and directions. Include any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be among criteria used for selecting winners.

Originality will be considered, although the recipe need not be original. If possible, name the recipe's source.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules.

### PEPPERONI PIZZA DIP

- 1 pkg. (8 oz.) cream cheese, softened
- ½ cup sour cream
- 1 tsp. oregano
- 1/8 tsp. garlic powder
- 1/8 tsp. crushed red pepper flakes, if desired
- ½ cup pizza sauce
- ½ cup chopped pepperoni
- ¼ cup chopped red bell pepper
- ¼ cup sliced green onion
- ½ cup (2 oz.) shredded mozzarella cheese or other topping

Beat together cream cheese, sour cream, oregano, garlic powder and red pepper. Spread evenly in quiche dish or pie plate. Spread pizza sauce on top. Sprinkle with pepperoni, bell pepper and green onion. Bake in preheated oven 10 minutes. Top with mozzarella cheese. Bake 5 minutes longer.

### Recipe

#### OVEN-ROASTED MUSHROOMS AND NEW POTATOES

- 1½ lb. new potatoes, cut in ½ inch chunks (about 4½ cups)
- 2 tbsp. oil
- 1 lb. fresh mushrooms, halved or quartered if large
- 1 cup red bell pepper, cut in ½ inch chunks
- 1 tsp. minced garlic
- ½ cup sliced green onion
- ½ tsp. salt
- ½ tsp. leaf thyme, crushed
- ½ tsp. pepper

Preheat oven to 450°. In 13-by-9-inch baking pan, toss potatoes with oil. Bake in preheated oven 10 minutes. Stir in mushrooms, red pepper and garlic. Bake about 15 minutes longer until

potatoes are nearly tender. Stir in green onion, salt, thyme and pepper. Bake about 10 minutes or until vegetables are tender. Yields 4 servings (6 cups).

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### FEELING FIT

BY MARK LYMBERKOPOULOS

Surprise! It's the muscles of your abdomen that support and stabilize your spine. Shoulder crutches build strength lying down, knees bent and feet flat, hands behind the head, lift head and shoulders off the floor. Feel the small of the back press against the floor as you rise. Snack time! Keep in mind that it would take 43 minutes of bike riding to work off a piece of layer cake vs. only 5 minutes for a row carrot. Beginning skiers should rent equipment until they have achieved some proficiency. Special beginner skis are usually shorter and softer than others and more forgiving of mistakes on the slopes. Senior citizens may need extra vitamins, too. They tend to absorb less of the B vitamin, especially thiamin, and vitamin C than younger people, and a limited diet may not supply all the vitamins they need.

Side-leg lift works the gluteal muscles - the butt. Lie on your side. Contract the buttocks and slowly lift the straight leg 18 to 24 inches, then lower it. Change sides. Squeeze your body the way you want it. Our experts and instructors will help with targeted exercise.

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The service includes: Your visit to the Arthritis Service includes an examination by an orthopedic surgeon and an internist. It also may include examination or consultation with a physical therapist, orthopedic nurse, occupational therapist, dietitian and social worker. X-rays and lab tests may be ordered as well.

Fees are charged according to services received. Examinations are by appointment only. Physician referral is not required. For your convenience, a copy of your evaluation report will be sent to your physician.

Date: Friday, March 6, 1998

Information: For an appointment or more information, call Memorial's Physical Therapy Department at 257-5250.

Donald I. Serot, M.D., Orthopedic Surgeon  
Co-Director, Arthritis Service of Southern Illinois

Judith Wuller, M.D., Internist  
Co-Director, Arthritis Service of Southern Illinois

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5 lbs. BULK or 3 lbs. LINK SAUSAGE (Plain, Garlic or Italian)  
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10 lbs. GROUND CHUCK  
5 lbs. BULK or 3 lbs. LINK SAUSAGE  
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# Today's Food

## Summer taste ebbs from border

Once a chef, always a chef, it seems. Even though he now lives in happy retirement with his wife, Marlyse, in California, Jean-Paul Weber cannot resist a culinary challenge.

Born and educated in France, he pursued a career as a chef in his native country as well as Germany, England and

Spain. After a stint in Moscow in the early '60s, he opened Maxim's de Paris in Chicago, managed Chez Paul Restaurant in Chicago and Jean-Paul Restaurant in Milwaukee.

PBS fans recognize him from his cooking show, "Cooking with a Continental Flavor," for more than a decade.

When the Chilean Fresh Fruit Association announced a "Taste of Summer in Winter" recipe contest open only to professionals, he somehow heard his name trumpeted.

Contest judges decided he has not lost his touch. His recipe for a classic open-faced tart filled with custard and topped with grapes.



Fresh and luscious grapes are signs that summer, which has taken hold in South America, is flowing into the U.S.

## "Weight" A Minute

Memorial's Project Trim can help you re-think your eating habits.

### Program:

"Project Trim" is an eight-week weight loss program developed by the St. Louis Dietetic Association. This program is based on behavior modification with a specific plan and goal for each participant. An exercise program also is available.

### Date and Time:

Class begins Thursday, March 12, 1998  
6:30 to 8 p.m.

### Cost:

\$50.00 class only  
\$80.00 with exercise component \*

\* The exercise program includes a TWO-MONTH MEMBERSHIP TO BELLEVILLE HEALTH AND SPORTS CENTER. An introductory class will be held.

### Place:

"Project Trim" is held in Memorial Hospital's auditorium.

The exercise program is held at Belleville Health and Sports Center, 1001 S. 74th Street, Belleville

### Information:

Class size is limited. To register, call Memorial's Community Relations Department at (618) 257-5649.



4500 Memorial Drive  
Belleville, Illinois 62226

## BLACK AND WHITE GRAPE TART

- 1 1/4 cups plus 1 tbsp. flour
- Pinch salt
- 6 tbsp. cold butter, cut in bits
- 2 to 3 tbsp. ice water
- 2 cups green seedless grapes
- 2 cups black or red seedless grapes
- 1/2 cup milk (2 percent recommended)
- 3 eggs
- 1/4 cup extra-fine sugar
- 1 tsp. vanilla
- Confectioner's sugar for dusting
- Fresh grape clusters for garnish, if desired

In bowl, combine 1 1/4 cups flour and salt. Using pastry blender or 2 knives, cut in

butter until mixture resembles coarse meal. Add 2 tablespoons ice water. Mix with fork until dough comes together. Add more water, if necessary.

On lightly-floured work surface, knead dough briefly into ball. Wrap in plastic wrap. Flatten into disk. Freeze 15 minutes, or chill 1 hour or overnight.

Grease and lightly flour 11-inch tart pan with removable bottom. Roll chilled pastry on lightly-floured surface into 13-inch circle. Line pan. Remove excess dough, if necessary. Chill 15 minutes.

Preheat oven to 375°.

Cut round of parchment paper to fit pan, leaving 1-inch overhang. Line pastry with paper. Fill with dried beans. Bake on lowest rack of preheated oven 20 minutes. Cool 5 minutes.

Remove beans and paper.

Cool completely.

Rinse grapes; remove stems and dry.

In blender, combine milk, eggs, sugar, remaining 1 tablespoon flour and vanilla. Blend well.

Spread grapes in single layer over cooled pastry. Whirl milk mixture again and carefully pour over grapes.

Reduce oven temperature to 350°. Bake tart on lowest rack of oven about 25 minutes until custard is set and surface is golden brown.

Cool tart on rack 30 minutes. Remove rim. Cool completely.

Slice in wedges. Dust with confectioner's sugar. Serve at room temperature, garnished with fresh grape clusters.

Makes 8 to 10 servings.

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# Today's Food

## BEEF AND VEGGIES ORIENTAL-STYLE

In 10-inch skillet over medium-high heat, cook 1½ pounds lean ground beef until browned, stirring to separate meat. Spoon off fat.

Stir in 1 can (26 ounces) tomato soup and 1 teaspoon Worcestershire sauce and 2 tablespoons soy sauce. Add 1 package (16 ounces) frozen stir-fry vegetables. Heat to boiling. Reduce heat to low. Cook 5 minutes, stirring

occasionally.

Serve meat mixture over hot cooked rice (prepare 3 cups uncooked). Top with canned rice noodles, if desired.

Makes 6 servings.



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Pot roast is back with savory vengeance for old-fashioned food to eat on Sunday afternoon.

## Barley cuts creamy swath around tender pot roast

If mom's Sunday pot roast seems to be just a delicious memory, there is good news. Pot roast is back, both on restaurant menus and on home tables. What is the appeal of pot roast?

First, any beef chuck pot roast works fine to give the fabulous flavor that comes from slowly braising a flavorful beef cut until it is fork tender.

On the second front, it's the simple braising technique that enables a cook to

put on a pot roast, then go about other activities as it cooks — without a need for constant attention. The 1-2-3 easy steps to braising — brown the pot roast, add the liquid, simmer with the pan tightly covered — are a busy cook's delight.

Braised Beef With Mushrooms and Barley begins with a boneless beef chuck pot roast cooked with onion, garlic and mushrooms. Barley is added during the last hour of cooking. To assure beef is tender and

flavorful, it must be simmered gently, not boiled, or the beef may be tough and dry.

Green peas and sour cream can be stirred into the barley to make a creamy, tangy side dish. If desired, drizzle the beef slices with warmed brown gravy already prepared for convenience.

Add a mixed green salad and dessert to round out the menu — and the Sunday pot roast tradition comes home again.

### BRAISED BEEF WITH MUSHROOMS AND BARLEY

3 lb. boneless beef chuck arm, blade or shoulder pot roast  
1 tbs. oil  
1 tsp. salt  
¼ tsp. pepper  
8 oz. medium crimini or button mushrooms, halved  
1 medium onion, chopped  
3 large cloves garlic, crushed

1½ cups beef broth  
1 bay leaf  
½ cup medium pearl barley  
1 cup frozen peas, thawed  
½ cup sour cream, if desired

Trim fat from beef. In large, deep skillet or Dutch oven, heat oil over medium-high heat. Brown beef evenly. Remove beef from pan. Season with salt and pepper. Add mushrooms, onion and garlic to pan. Cook and stir until onion is lightly browned.

Return beef to pan. Add broth and bay leaf. Bring to boil. Reduce heat to low.

Simmer, tightly covered, 1½ hours.

Add barley. Cover. Continue cooking 45 to 60 minutes until beef and barley are tender. Remove beef to serving platter and keep warm. Remove bay leaf.

Cut meat in thin slices. Serve with barley mixture.

Makes 8 servings; 293 calories, 31 g protein, 15 g carbohydrate, 12 g fat, 498 mg sodium and 91 mg cholesterol each.

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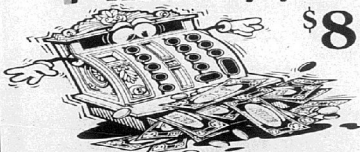
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## Recipe

### SOUTH-OF-BORDER MAC 'N' CHEESE

- 1 lb. ground beef
- 1 clove garlic, minced
- 12 oz. process cheese, cubed (about 2 cups)
- 1 jar (16 oz.) salsa
- 1 tsp. chili powder
- 8 oz. uncooked tricolor rotini pasta
- ¾ cup sliced ripe olives
- 1 can (2.8 oz.) french-fried onion rings

Preheat oven to 350°. Grease 2½-quart casserole.

Cook pasta according to package directions. Drain.

In skillet over medium heat, cook ground beef and garlic until beef is no longer pink, stirring to break up meat. Add cheese, 1 cup salsa and chili powder. Cook and stir until cheese melts.

In prepared casserole, combine pasta, beef mixture and ½ cup olives. Top with remaining salsa.

Bake, covered, in preheated oven 20 minutes. Remove from oven. Top with onion rings and remaining olives.

Bake, uncovered, 5 minutes.

# Today's Food

## Summer taste ebbs from south of border

Once a chef, always a chef, it seems. Even though he now lives in happy retirement with his wife, Marlyse, in California, Jean-Paul Weber cannot resist a culinary challenge. Born and educated in France, he pursued a career as a chef in his native country as well as Germany, England and Spain. After a stint in Moscow in the early '60s, he opened Maxim's de Paris in Chicago, managed Chez Paul Restaurant in Chicago and Jean-Paul Restaurant in Milwaukee.

PBS fans recognize him from his cooking show, "Cooking with a Continental Flavor," for more than a decade.

When the Chilean Fresh Fruit Association announced a "Taste of Summer in Winter" recipe contest open only to professionals, he somehow heard his name trumpeted.

Contest judges decided he has not lost his touch. His recipe for a classic open-faced tart filled with custard and topped with fresh grapes tied for the winning dessert in the southwest region.

Because of the opposite growing seasons in the Southern Hemisphere, Chile is able to send fresh grapes, as well as peaches, nectarines, plums, kiwi-fruit, blueberries, blackberries and raspberries to U.S. shores for a taste of summer that warms North America's winter.

A world-class chef like Jean-Paul Weber appreciates this kind of care and the ability to use fresh fruits in a winning classic, like his grape tart.

### BLACK AND WHITE GRAPE TART

- 1 1/4 cups plus 1 tbsp. flour
- Pinch salt
- 6 tbsp. cold butter, cut in bits
- 2 to 3 tbsp. ice water
- 2 cups green seedless grapes
- 2 cups black or red seedless grapes
- 1/2 cup milk (2 percent recommended)
- 3 eggs
- 1/4 cup extra-fine sugar
- 1/2 tsp. vanilla

Confectioner's sugar for dusting  
Fresh grape clusters for garnish, if desired  
In bowl, combine 1 1/4 cups flour and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse meal. Add 2 tablespoons ice water. Mix with fork until dough comes together. Add more water, if necessary.

On lightly-floured work surface, knead dough briefly into ball. Wrap in plastic wrap. Flatten into disk. Freeze 15 minutes, or chill 1 hour or overnight.  
Grease and lightly flour removable bottom. Roll chilled pastry on lightly-floured surface into 13-inch circle. Line pan. Remove excess dough, if necessary. Chill 15 minutes.

Preheat oven to 375°.  
Cut round of parchment paper to fit pan, leaving 1-inch overhang. Line pastry with paper. Fill with dried beans. Bake on lowest rack of preheated oven 20 minutes. Cool 5 minutes. Remove beans and paper. Cool completely.

Rinse grapes; remove stems and dry.  
In blender, combine milk, eggs, sugar, remaining 1 tablespoon flour and vanilla. Blend well.

Spread grapes in single layer over cooled pastry. Whirl milk mixture again and carefully pour over grapes.

Reduce oven temperature to 350°. Bake tart on lowest rack of oven about 25 minutes until custard is set and surface is golden brown. Cool tart on rack 30 minutes. Remove rim. Cool completely.

Slice in wedges. Dust with confectioner's sugar.

## Blue Ribbon Cook

### Warm pizza dip is a family 'keeper'

Patricia A. Schlenk, Maryland Heights, is winner of this week's recipe contest for Pepperoni Pizza Dip. Her prize is dinner certificates at the Pasta House Co.

She "borrowed" the recipe from a choir director, but she knew it was a "keeper" from the first time she made it.

This month's contest is drawing to a close. It requests recipes for anything made with seafood, such as an appetizer, soup, main dish or side dish.

Send a single recipe by Sunday to: Seafood Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, 63131.

Entries will be judged for a prize of dinner certificates from Pasta House Co. to be awarded each of the four Wednesdays during

March. Type or print it legibly on

### PEPPERONI PIZZA DIP

- 1 pkg. (8 oz.) cream cheese, softened
- 1/2 cup sour cream
- 1 tsp. oregano
- 1/8 tsp. garlic powder
- 1/8 tsp. crushed red pepper flakes, if desired
- 1/2 cup pizza sauce
- 1/2 cup chopped pepperoni
- 1/4 cup chopped red bell pepper
- 1/4 cup sliced green onion
- 1/2 cup (2 oz.) shredded mozzarella cheese or other topping

Beat together cream cheese, sour cream, oregano, garlic powder and red pepper. Bake 10 min.

## Micro Raves

### Go for the decadence

Once in a while, even the most confirmed weight and waist watcher puts aside the halo to indulge in a little decadence. Otherwise, boredom rules and the wings will be sold in a garage sale.

Dessert is usually the deviation of choice. There is less time to change course when it is prepared with the help of a microwave oven.

Pies made with a traditional pudding filling take as much as 20 minutes of constant stirring with stove-top cooking, but preparation in a microwave oven cuts cooking and stirring time in half. Stove-top cooking concentrates the cooking heat on the bottom of the pan, so scorching is always a risk.

In microwave cooking, heat is achieved from all directions. The ingredients always should be mixed well at the beginning, then stirred again at least twice during the cooking time,

because of the quickness of the cooking from all sides.

Crumb crusts are easy to prepare in a microwave oven. Graham crackers, vanilla wafers, gingersnaps and even leftover cookies make flavorful pie crusts for cream pies.

Break the cookies or crackers into small pieces in a resealable plastic bag. Using a rolling pin, crush them into crumbs. Combine 1 1/2 cups crushed cookie crumbs, 1/2 cup butter or margarine (melted) and 1/2 cup sugar well. Press crumbs against the side and bottom of greased 9-inch pie plate. Microwave Let the crust cool before adding the filling.

Chocolate sandwich cookies make a delicious pie crust. Crush 24 cookies, then combine the crumbs with 1/4 cup margarine to prepare one 9-inch crust.

For a welcome change to traditional cream pie, try this fruity combination of

pineapple, bananas and coconut in a graham-cracker pie shell.

### ALOHA PIE

- 2 (9 inch) graham cracker pie shells, cooled
- 1 can (20 oz.) crushed pineapple
- 3/4 cup sugar
- 3 tbsp. cornstarch
- 3 bananas, sliced
- 1 1/2 cups chopped walnuts
- 1 carton (8 oz.) frozen whipped topping, thawed
- 1 cup shredded coconut

In microwave-safe bowl, combine pineapple, sugar and cornstarch. Microwave on high power 6 minutes or until thickened, stirring at least twice to distribute cornstarch evenly. Let cool.

Lay banana in bottom of the cooled crusts. Sprinkle with walnuts. Pour cooled pineapple mixture on top.

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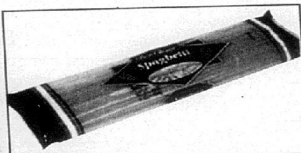
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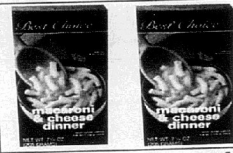
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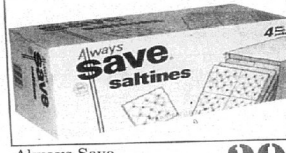
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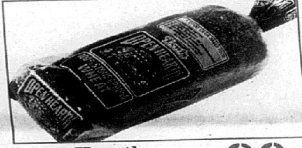
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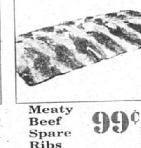
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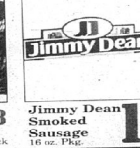
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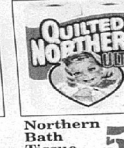
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Pears, Corn, Green Beans, Cream Style Cass. Mixed Vegetables 29¢ 14-16 oz. can



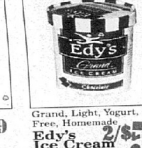
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Assorted Varieties Folgers Coffee 2.49 11.5 to 13 oz.



Assorted Varieties 7-Up or Dr. Pepper 3.19 12-12 oz. cans



Assorted Varieties Lay's Potato Chips 2.53 9 oz.



Assorted Varieties Homestyle Cookies 3.55 9 to 12.5 oz.



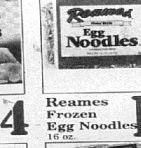
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Assorted Varieties Ritz Crackers 2.55 14.5 to 16 oz.



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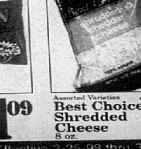
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# Nowadays, there's no need to fret hair loss

Hair cloning, laser technology, and mega-graft sessions are among the breakthroughs in hair restoration surgery currently being studied by specialists from the International Society of Hair Restoration Surgery.

Despite the recent introduction of products claiming to stimulate hair growth, hair restoration surgery remains the only permanent solution for hair loss, or alopecia, a problem that affects two in five (35 million) males, and one in four (21 million) females in the U.S.

Hair restoration surgery has grown from a \$42 million industry in 1981 to an \$800 million industry in 1994. According to specialists, it has become the most popular elective surgery among men in the U.S.

"Hair restoration surgery is more popular today because the product is better," said Dr. Robert Leonard, immediate past president of the ISHRS. "Specialists no longer use the painful, bloody techniques of the early 1980s where large plugs of hair follicles were moved from one area of the scalp to another, often resulting in a 'corn-row' or 'toothbrush' effect. Today, we are able to transplant single hair follicles for a softer, more natural-looking hairline."

New techniques are based upon the concept of hair econ-

omics, which appreciates that a limited supply of hair exists with demand increasing as the supply decreases over time. As such, specialists need to develop a strategy or "blueprint" of hair restoration based on a prediction of future hair loss for an individual.

"The hair restoration specialist and patient work as partners to achieve desired results," said Dr. Leonard. "In this way, hairline transplants performed at an early age are less creating uneven and/or false-looking hairlines later in life."

"Our specialty's specific function makes the most out of the hair that is left by either moving remaining hair or reducing bald scalp," said Dr. James Vogel, president of the ISHRS. "The art of the specialty is knowing how to create a natural hairline by placing hair follicles in the appropriate areas with the appropriate densities."

Although hair restoration surgery is still somewhat challenged by images of the past, specialists predict it will continue to grow in popularity as advancements progress in the field and temporary topical remedies such as Minoxidil (Rogaine) fail to provide expected results.

According to a recent study,

Minoxidil provides a full head of hair in only five to ten percent of cases, and moderate hair growth in only 15 to 20 percent of cases. In clinical trials of women ages 18 to 45 with mild to moderate degrees of hair loss, only 19 percent reported only moderate regrowth, while 40 percent had minimal regrowth after using Minoxidil for eight months. Additionally, hair growth will cease if Minoxidil is not applied twice daily.

"The failure of temporary topical products like Rogaine, coupled with the already low self-esteem associated with hair loss, only compounds the all impact of balding on all aspects of sufferers' lives — especially with regard to patients' psychological, social and emotional well-being," says Leonard.

With the exception of hair restoration surgery, methods used to battle hair loss including hair additions — topical camouflage agents — requiring continuous investment for cleaning and/or replacement as natural hair grows and/or its color changes. For example, the overall cost for a person to purchase and maintain hair additions beginning at age 35 and ending at age 70 is an estimated \$50,000 to \$70,000, while topical remedies require an estimated long-term investment of

\$12,600. In comparison, the estimated cost for permanent hair restoration surgery ranges from \$8,000 to \$30,000, depending upon the number of surgical procedures required over the course of, on average, a 1.5 to two-year time period.

"By the time sufferers see a hair restoration specialist, they have already learned that to have a full head of hair from Rogaine or hair additions requires a lifetime of expense and hard work," says Leonard.

**Hair Cloning, Mega-Graft Sessions Among Advancements**  
Among the newest breakthroughs that point the way to the future of hair restoration surgery are the following:  
**Cloning Human Hair For Transplantation**

A clinical study under way has successfully taken a portion of hair follicles, grown it in a cell culture and transplanted it into a human forearm. Refinement of this technique has the potential to revolutionize the specialty.

"If we have the ability to clone hair, the law of economics will be less of an obstacle for specialists," said Dr. Jerry Cooley of the Department of Dermatology at the University of Maryland at Baltimore, who coordinated the study. "The supply of hair for transplantation would be unlimited, offering the potential to even recreate a full head of hair for one person are allowed to multiply indefinitely."

**Mega-Graft Sessions:** Mega-graft sessions allow many hair follicles to be transplanted into the scalp at the same time. This eliminates the need for a patient to undergo the 3-5 procedures previously required, when only a few hundred hair follicles could be transplanted at a time. In addition, the results of mega-graft sessions consistently look more natural sooner than transplants completed over the course of several sessions.

An additional advantage of mega-graft sessions is that they transfer thousands of hair grafts into recipient area, eliminating the need to undergo several sessions to complete hair restoration goals. The number of grafts transplanted in any one session can be as high as 4,000 (compared to 250 in a normal session), depending upon the amount of donor hair available and the amount of bald area to be covered.

**The Role Of Laser Technology In Hair Restoration Surgery:** Though hair transplantation has evolved to the point where very little visible scarring occurs, even with conventional surgery, laser technology offers the potential for continual improvement, ultimately even "scalpelless" surgery.

Options exist for replacing scalpels with high-intensity lasers in the transplantation of hair grafts, which would allow for quicker and significantly less bloody procedures.

**Hair Transplants For Women:**

Hair transplantation, previously not considered a remedy for women suffering from hair loss, is a promising option now that a more advanced understanding of balding patterns in women exists among specialists. Although women lose hair diffusely as opposed to in specific areas, healthy hair follicles can now be transplanted from a dense area of the scalp to a sparse area.

**lash And Eyebrow Restoration:** Hair can be restored anywhere on the body. Long-eyelashes and perfectly-arched eyebrows are possible by using the same techniques used in hair transplantation for the scalp. A simple procedure, the surgery can be performed in approximately ten minutes.

**Self-Esteem Plays Major Role: Procedures called "Psychological Surgery"**  
Alopecia may be a more important issue than most people realize. A recent survey conducted on American men showed that 25 percent of men would trade five years of their life for a full head of hair.

"Hair has always played an important role in society and self-esteem," said Dr. Leonard. "A full head of hair represents youth, virility and attractiveness, an image most people want to maintain throughout life."

Specialists predict that as younger, more active generations continue to age and therefore desire a more youthful appearance, the procedures will become even more popular, especially among baby-boomers, who are reaching an age often characterized as "transitional" in terms of hair loss.

"Recent advancements in the field of hair restoration surgery create a viable — and preferred option for a wide range of men and women of all ages, lending new hope to many. Hair restoration surgery has become an 'investment' in self-esteem from the top down. We often call what we do 'psychological surgery' based upon the remarkable degree of patient gratification associated with these types of procedures," says Vogel.

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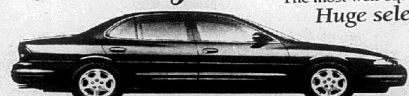
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## NEWS

# Working is a way of life for some senior

Frank Lewis runs the gift shop inside the Kentucky Capitol. He closes each day at 3 p.m., then puts in an hour and a half on the visitor information desk.

He works some weekends, helping to staff weddings and other special events at state-owned Berry Hill Mansion. He also has a part-time job at a local electrical equipment store. In his spare time, Lewis does custom framing at his house. He is 81.

He also is part of a growing population group: men and women who are of retirement age but aren't retired.

In the 1990 census, 466,816 Kentuckians were 65 or older. About one in 10 was still working, for a variety of reasons.

Some needed a job for personal satisfaction. Some needed regular contact with other people. And in a 1995 survey by the Kentucky State Data Center at the University of Louisville, practically all

said they needed the money.

"You've got a lot of people who basically don't have a retirement income other than Social Security," Ron Crouch, director of the Center, said in an interview. "Social Security is very difficult to live on. It was never really set up to be a retirement income to cover all your expenses."

Lewis said he had only a meager pension when he retired from the Housing Authority of Frankfort in 1979. That by itself was enough to put him back in the job market.

But he also was perpetually active, having given decades of service to church and community.

That included disaster relief work for the Kentucky Baptist Convention and 55 years as a leader and volunteer with the Boy Scouts.

Ask Lewis why he works, and he says: "I've got to. I couldn't go home and sit down."

"People are living

longer, but they may not be retiring longer," said Taylor Davidson, an issues coordinator for the American Association of Retired Persons — AARP. "A lot of people find retirement as they thought it'd be."

Nor as financially secure. Crouch said he expected the 65-and-up population to include a steadily increasing percentage of workers as people live longer and the adequacy of pensions becomes more suspect.

In 1950 the average retirement age was 69, and the average person lived five years in retirement," Crouch said.

"Now the average person is living 20 years in retirement, and we're heading toward a system where people could be living 30 and 40 years in retirement. Can we afford that? That's a reality nobody wants to talk about."

As for pensions, the

norm once was "defined benefit." A retiree got so much money per month for life. Today, about three-fourths of new pensions in the United States are called "defined contribution," Crouch said. "When you retire, you get so much a month until the money runs out."

Also, retirement often means an end to or increased cost of insurance for health and prescription medicine, plus the loss or sharp reduction of life insurance.

"People in their 60s and 70s are going to find out their pension is not sufficient to live on. They're going to have to work part time," Crouch said.

Green Thumb Inc., an organization that runs older-worker employment and training programs in 44 states for the U.S. Department of Labor, says workers 55 and older were 12.2 percent of the labor force in 1992. The Bureau of Labor Statistics expects them to be 14.2 percent of

the labor force by 2005.

To focus attention on an aging work force, Green Thumb, based in Arlington, Va., has launched a search for the country's oldest worker. The promotion also is to include selection of a most-outstanding older worker from each state. Nominees must work at least 20 hours a week.

A goal of the contest is "to rid folks of the myths about older workers — that they don't learn easily, they don't work consistently," said Pat

Popp, director of a job training and placement program in the state Division of Aging.

"What we're trying to get across is that older workers do make good workers. They're conscientious," Crouch said the initiative by Green Thumb and the states "is very important in the sense that, I think the reality is starting to hit more and more people that we've been oversold on retirement."

— Associated Press

## ESL enters race for land

What was a two-way battle between the city of Madison and village of Fairmont City to take control of the former village of National City has become a three-way race.

But St. Clair County State's Attorney Robert Haida said Tuesday that action by the National City Village Board Friday is probably illegal.

On Monday, East St. Louis Mayor Gordon Bush said his city is interested in annexing about 1,100 acres in the former National City and adjacent riverfront property.

"We see this as an opportunity for the city to expand its boundaries and to enhance eco-

nomie opportunities," Bush said.

Bush said East St. Louis could use the property for a long-planned warehouse or an industrial park.

The remaining obstacle is to get property owners to agree to the annexation, Bush said.

"We're just very excited about this opportunity," Bush said. "We plan to make it happen."

On Friday, the East St. Louis City Council approved extending police and fire protection to the former village and start working toward annexation.

## Clinical Research Associates of Edwardsville

is in need of volunteer, ages 18 or over, with Bipolar Disorder who are currently depressed but who have a history of mania or hypomania to participate in a research study comparing an investigational drug with a placebo for this disorder. Symptoms include:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Depression</li> <li>• Blue Spells, Crying Spells</li> <li>• Loss Of Interest &amp; Pleasure</li> <li>• Fatigue</li> <li>• Difficulty Concentrating, Indecisiveness</li> <li>• Appetite Or Weight Changes</li> <li>• Loss Of Interest In Sex</li> <li>• Feeling Of Guilt Or Worthlessness</li> <li>• Thoughts Of Death Or Suicide</li> </ul> | <ul style="list-style-type: none"> <li>• Mania/Hypomania</li> <li>• Elevated, Expansive Or Irritable Mood</li> <li>• Initiated Self-esteem, Grandiosity</li> <li>• Increased Need For Sleep</li> <li>• Excessive Or Pressured Talking</li> <li>• Racing Thoughts</li> <li>• Increased Activity, Agitation</li> <li>• Bad Judgment</li> </ul> |
|--|--|

Suitable volunteers will receive a study related medical and psychiatric evaluation and study drug from a psychiatrist free of charge. If you or someone you know would like to be considered for a study please call (618) 659-0292.

Clinical Research Associates  
1121 University Drive  
Edwardsville, Illinois 62025  
(618) 659-0292

Lynn A. Cunningham, M.D.  
Director of Clinical Research

**Beatriz Ramos-Pardo, M.D.**  
Southwestern Illinois Medicine, Ltd.  
is accepting new patients.

Dr. Pardo specializes in internal medicine including:

- Well Woman Exams
- Osteoporosis
- Hypertension
- Smoking Cessation
- Diabetes Care
- Cancer Screening
- Routine Care
- Post Menopausal Health Maintenance



Dr. Pardo participates in the following health plans:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Aetna US HealthCare</li> <li>• Health Partners of Midwest</li> <li>• Blue Cross/Blue Shield of Illinois and Missouri</li> <li>• GHP Advantia</li> <li>• HealthLink PPO</li> </ul> | <ul style="list-style-type: none"> <li>• PruCare</li> <li>• PHCS</li> <li>• Cigna</li> <li>• United Healthcare</li> <li>• Medicare</li> </ul> |
|--|---|

Southwestern Illinois Medicine, Ltd.

Suite 220

Medical Office Center - One  
(located adjacent to Memorial Hospital)  
4550 Memorial Drive  
Bellevue, Illinois 62226



To make an appointment, call:  
**(618) 236-8000**

# Jack SCHMITT

## CHEVROLET'S BEST SALE ONLY AT JACK SCHMITT CHEVROLET

The most popular Chevy cars, trucks and vans have been reduced and priced to sell fast at 3 convenient Jack Schmitt locations — Belleville, Freeburg and Collinsville!

### '98 CAVALIER 2-DOOR

A/C, AM/FM Stereo, ABS, Dual Air Bags and more!

**Sale Price \$11,099**

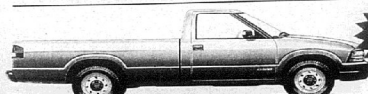
**\$1,000 REBATE** with a payment of **\$224/month** with **NO MONEY DOWN**

AS LOW AS  
**2.9%**  
FINANCING  
AVAILABLE



#18079

OVER  
**100**  
TO CHOOSE FROM



OVER  
**75**  
TO CHOOSE FROM

AS LOW AS  
**3.9%**  
FINANCING  
AVAILABLE

### '98 S10 PICKUP V-6!

Air Conditioning, Dual Air Bags, Anti-Lock Brakes and more!

**Sale Price \$12,399**

**\$1,000 REBATE** with a payment of **\$215/month** with **NO MONEY DOWN**

### '98 MALIBU

Automatic, A/C, Rear Window Defog

**Sale Price \$15,200 or \$264/month** with **NO MONEY DOWN**

ELECT  
TO  
SAVE!



#5903

### '98 BLAZER 4-DOOR 4 WHEEL DRIVE

LOADED! Full Power Options—Windows, Locks, Mirrors and Seat, Tilt, Cruise, Cassette, CD and more!

**Sale Price \$24,915**

ELECT  
TO  
SAVE!



#18397

### '98 METRO 3-DOOR

Air Conditioning

**Sale Price \$8,599 or \$171/month**



#18247



512 West Main, Downtown Belleville  
**234-0087**



1820 Vandalia, Collinsville  
**345-5444**



520 North State, Freeburg  
**539-3185**

Payments and prices include all rebates and incentives. Exclude taxes, title, license and title. 48 month options. Payment with residuals of \$5931 on S10, \$4367 on Cavalier, \$7301 on Malibu and \$2888 on Metro. See dealer for details.

If you don't know where to get the best deal on a car, truck or van, you don't know Jack Schmitt.

# Shop'n Save®

BRINGS YOU  
**Great Values**  
on Top Pillsbury Brands!



ASSORTED VARIETIES  
Tostitos  
Party Pizza

**5/4.99**  
9.8-10.9  
OZ. PKG.



SKILLET MEALS OR  
Green Giant  
Create A Meal

**2/4.99**  
20-26 OZ.  
PKG.



REGULAR OR LIGHT  
Hungry Jack  
Microwave Syrup

**1.98**  
24-OZ.  
BTL.



ASSORTED VARIETIES  
Pillsbury Plus  
Cake Mix

**2/\$1**  
18-21 OZ.  
BOX  
LIMIT 4



SELECTED VARIETIES  
Pillsbury Deluxe  
Brownies

**79¢**  
15.5-21  
OZ. PKG.



Hungry Jack  
Mashed Potatoes

**2/\$3**  
15.3-OZ.  
BOX



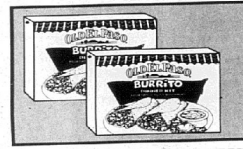
Progresso  
Vegetable Soup

**99¢**  
19-OZ.  
CAN



ASSORTED VARIETIES  
Tostitos  
Pizza Rolls

**5/4.99**  
7-7.5 OZ.  
PKG.



TACO, SOFT TACO, FAJITA OR BURRITO  
Old El Paso  
Dinner Kits

**2/\$4**  
9.75-18  
OZ. PKG.



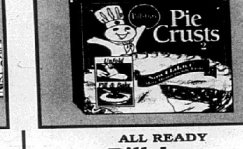
MILD OR MEDIUM, THICK N CHUNKY  
Old El Paso  
Picante Sauce

**2/\$3**  
20-OZ.  
JAR



ASSORTED VARIETIES  
Pillsbury Hungry  
Jack Biscuits

**79¢**  
10-OZ.  
PKG.



ALL READY  
Pillsbury  
Pie Crust

**1.39**  
15-OZ.  
PKG.

Progresso  
Bread Crumbs... **99¢**  
18-OZ. PKG.  
ASSORTED VARIETIES  
Pillsbury  
Cookie Dough **2/4.95**  
18-OZ. PKG.

ORIGINAL OR REDUCED FAT  
Pillsbury  
Crescent Rolls **3/4.95**  
9-OZ. PKG.

ASSORTED VARIETIES  
Pillsbury  
Toaster  
Strudels... **2/3.99**  
14-OZ. PKG.

ASSORTED VARIETIES  
READY TO SPREAD  
Pillsbury  
Frosting... **1.19**  
16-OZ. PKG.

SPEARS  
Green Giant  
Asparagus... **1.69**  
14-OZ. PKG.  
MEXICORN, YELLOW & WHITE  
CORN OR SHOE PEG CORN  
Green Giant  
Corn... **79¢**  
14-OZ. PKG.

SLICED  
Green Giant  
Mushrooms... **1.19**  
14-OZ. PKG.

CORN, PEAS OR GREEN BEANS  
CANNED  
Green Giant  
Vegetables... **5/\$2**  
14-OZ. PKG.

ASSORTED VARIETIES  
Martha White  
Muffin Mix... **79¢**  
14-OZ. PKG.

ASSORTED VARIETIES  
Hungry Jack  
Waffles... **3/3.99**  
14-OZ. PKG.

ASSORTED VARIETIES  
Green Giant  
Pasta Accents **3/4.99**  
14-OZ. PKG.

ASSORTED VARIETIES  
MICROWAVE, PILLSBURY  
Hungry Jack  
Pancakes... **2/3.99**  
14-OZ. PKG.

FROZEN POLY BAG  
CORN OR PEAS  
Green Giant  
Vegetables... **98¢**  
14-OZ. PKG.

ASSORTED VARIETIES  
BOXED PREPARED  
Green Giant  
Vegetables... **4/4.99**  
9-10 OZ. PKG.

ASSORTED VARIETIES  
Old El Paso  
Refried Beans... **2/\$1**  
14-OZ. PKG.

MILD OR MEDIUM  
Old El Paso  
Cheese Salsa... **2.39**  
14-OZ. PKG.

TACO, ENCHILADA  
OR BURRITO  
Old El Paso  
Mixes... **2/\$1**  
14-OZ. PKG.

DANISH OR  
Pillsbury  
Cinnamon Rolls **1.39**  
12-OZ. PKG.

ASSORTED VARIETIES  
Pillsbury  
Grand Biscuits **99¢**  
14-OZ. PKG.

Progresso Black **2/\$1**  
Turtle Beans...  
14-OZ. PKG.

ORIGINAL OR FLAVORED  
Harvest... **2/3.99**  
14-OZ. PKG.

SMOKED CHICKEN, BEEF OR  
CHICKEN BREAST  
Tyson Chicken **2/\$7**  
14-OZ. PKG.

## Chocolate Cherry Bars

- Bars**  
1 pkg. Pillsbury® Moist Supreme®  
Devil's Food Cake Mix  
1 (21-oz.) can cherry fruit pie filling  
1 teaspoon almond extract  
2 eggs, beaten
- Heat oven to 350 degrees. Grease and flour 15x10x1-inch baking pan or 13x9-inch pan. In large bowl, combine all bar ingredients; stir until well-blended. Spread in greased and floured pan.
  - Bake at 350 degrees until toothpick inserted comes out clean. For 15x10x1-inch pan, 20 to 30 minutes. For 13x9-inch pan, 25-35 minutes.
  - In small Saucepan, combine sugar, milk and margarine. Bring to a boil. Boil 1 minute, stirring constantly. Remove from heat; stir in chocolate chips until smooth. Pour and spread over warm bars. Cool completely. Cut into bars. Makes 48 bars.

- Frosting**  
1/3 Cup Milk  
1 cup sugar  
5 tablespoons margarine or butter  
1 cup semi-sweet chocolate chips

Pillsbury

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## Beef and Biscuits

- 1 (10.8-oz.) can Pillsbury® Grands®  
Refrigerated Buttermilk Biscuits  
1 (40-oz.) can beef stew

- Heat oven to 375 Degrees. Bake biscuits as directed on can; keep warm.
- Meanwhile, in large sauce pan combine stew, peas, thyme and Worcestershire sauce; mix well. Bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until thoroughly heated, stirring frequently.
- To Serve, split warm biscuits; place 2 halves one each plate. Spoon stew mixture over biscuit halves. Makes 5 servings.

- 1 cup Green Giant® Frozen Sweet Peas  
(From 1-lb. pkg.)  
1 teaspoon dried thyme leaves  
1 tablespoon Worcestershire sauce

Pillsbury

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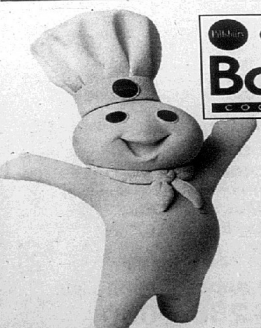
## Turkey and Cheddar Crescent Wraps

- 1 (8-oz.) can Pillsbury Crescent®  
dinner rolls  
8 thin slices Cheddar cheese

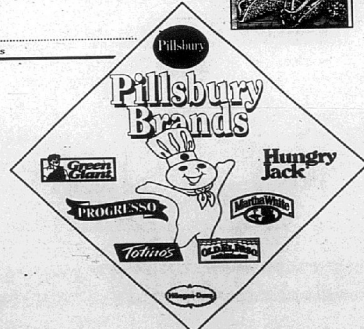
- 8 thin slices cooked turkey  
8 tablespoons chopped broccoli

- Heat oven to 375 degrees. Grease a cookie sheet. Separate dough into 8 triangles.
- Cut each cheese slice into 3 strips. Top each triangle with turkey slice, 3 cheese strips, and 1 tablespoon broccoli. Roll loosely from shortest side of triangle to opposite point, as shown in diagram on Crescent Roll package. Place point side down on greased cookie sheet.
- Bake at 375 degrees F. for 12 to 15 minutes or until Crescent Roll is golden brown. Makes 8 sandwiches.

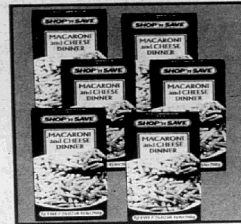
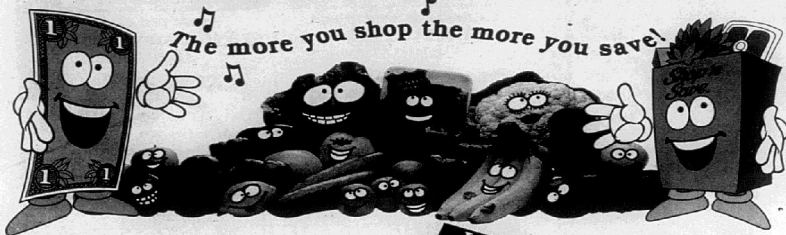
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Quick & Easy  
**Bake Off**  
COOKING CONCEPTS

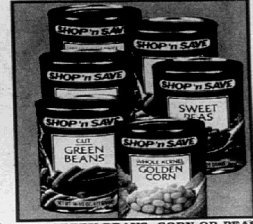


# Shop 'n Save



Shop 'n Save  
Macaroni & Cheese

**6/\$16**  
7-OZ BOX  
LIMIT 12



CUT GREEN BEANS, CORN OR PEAS  
PLUS SELECTED VARIETIES  
Shop 'n Save  
Vegetables

**6/\$16**  
14-15.25 OZ. PKG.  
LIMIT 24 WITH ADDITIONAL \$10.00 PURCHASE



WHOLE, FAT FREE SKIM  
OR 2% REDUCED FAT  
Shop 'n Save Milk

**4/\$5**  
HALF GALLON

SHOP 'N SAVE OR PLAIN LABEL FAT FREE  
SKIM OR 1/2% LOW FAT MILK \$2.17 GALLON



IN OIL OR WATER  
Starkist  
Chunk Light Tuna

**47¢**  
6-OZ. CAN



REGULAR, LIGHT OR FREE  
Kraft  
Mayonnaise

**177**  
32-OZ. JAR



24/12-OZ. CANS, SPRITE  
Coca-Cola Classic  
or Diet Coke

**589**  
24/12-OZ. CANS



12/12-OZ. CANS  
Pepsi, Diet Pepsi,  
or Mountain Dew

**2/589**  
12/12-OZ. CANS



Heinz Squeeze  
Ketchup

**2/\$4**  
40-OZ. BTL.

SHOP 'N SAVE  
White Sandwich  
Bread..... **99¢**

SHOP 'N SAVE  
Brown N Serve  
Rolls..... **99¢**

Kraft Grape  
Jelly or Jam..... **93¢**

ORIGINAL OR  
GREAT COMBINATIONS  
Jack's Pizza..... **4/895**

REGULAR OR LIGHT N HEALTHY  
Budget Gourmet Entrees..... **4/\$5**

ASSORTED VARIETIES  
Inland Valley French Fries..... **2/295**

ASSORTED VARIETIES  
Louisiana Ravioli or Tortellini..... **2/495**

Meadowgold Twin Pops..... **79¢**

ASSORTED FLAVORS  
PRAIRIE FARMS PREMIUM  
Old Recipe Ice Cream..... **269**

ASSORTED VARIETIES  
R-F Egg Noodles..... **79¢**

ASSORTED VARIETIES  
Gerber Second Foods..... **3/\$1**

ASSORTED VARIETIES  
Uncle Ben's Country Inn Rice..... **4/\$3**

CRANBERRY/RAISIN TEA OR  
APPLE JUICE CONCENTRATE  
Old Orchard Juices..... **2/99**

ASSORTED VARIETIES  
CONCENTRATED  
Minute Maid Orange Juice..... **98¢**

ASSORTED BLENDS  
Millstone Bean Coffee..... **649**

Black Top Pink Salmon..... **147**

ASSORTED VARIETIES  
Ruffles Potato Chips..... **2/395**

BONUS BAG  
Cats Pride Cat Litter..... **2/\$5**

ASSORTED VARIETIES  
Lucia's Pizza..... **3/999**

ORIGINAL OR COUNTRY STYLE  
Growers Pride Orange Juice

**2/\$3**  
64-OZ. CTN.

ORANGE STRAWBERRY, TROPICAL  
FRUIT OR STRAWBERRY BANANA  
Tropicana Fruitwise Drink..... **99¢**

Jiffy Corn Muffin Mix..... **3/\$1**

ASSORTED VARIETIES  
Wishbone Salad Dressing..... **2/\$3**



Busch or  
Busch Light

**1167**  
30/12-OZ. CANS



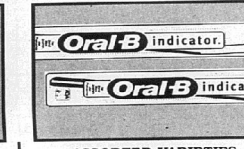
Miller  
Genuine Draft

**1197**  
24/12-OZ. CANS



Budweiser or  
Bud Light

**697**  
12-N/R BTL.



ASSORTED VARIETIES  
Oral B Indicator  
Toothbrush

**79¢**  
EACH  
LIMIT 2 WHILE SUPPLY LASTS



CAPLETS, TABLETS OR GELCAPS  
Advil

**579**  
100-CT. PKG.

ASSORTED VARIETIES  
Sam Adams..... **467**

REGULAR OR LIGHT  
Milwaukee's Best..... **697**

Icehouse or  
Red Dog..... **599**

Miller High Life..... **2/\$5**

Rolling Rock..... **649**

Zima..... **449**

COORS OR COORS LIGHT..... **797**

REGULAR, LIGHT OR ICE  
Keystone..... **399**

REGULAR OR LIGHT  
Corona Extra..... **497**

Absolut Vodka..... **1399**

OUR LOW SALE PRICE \$12.97  
Seagram's 7 Crown..... **997**

OUR LOW SALE PRICE \$10.99  
Seagram's Gin..... **799**

SELECTED VARIETIES  
Franzia..... **597**

ASSORTED VARIETIES  
Corbett Canyon..... **2/\$5**

OUR LOW SALE PRICE \$6.99  
E&J Cask and Cream..... **799**

OUR LOW SALE PRICE \$6.49  
E&J Brandy..... **449**

Vo-5 Hot Oil Treatment..... **189**

ORIGINAL, COOL MINT OR FRESH BURN  
Listerine..... **2/\$7**

REGULAR OR PLUS  
Efferdent Tablets..... **179**

1-CT. 8-VOLT, 2-CT. C OR D,  
4-CT. AA OR AAA  
Sony Batteries..... **149**

ASSORTED VARIETIES  
CONDITIONER OR  
Cortexx Shampoo..... **2/\$5**

ASSORTED VARIETIES  
Nivea Lotion..... **299**

Maalox Liquid or Tablets..... **279**

REGULAR OR DRY SKIN  
Herbal Essences Body Wash..... **299**

SOLID, CLEAR SOLID OR CLEAR GEL  
Arrid XX Dry Deodorant..... **2/\$3**

REGULAR OR MINT  
Rembrandt Toothpaste..... **2/\$9**

ASSORTED VARIETIES  
CONDITIONER OR  
Cortexx Shampoo..... **2/\$5**

ASSORTED VARIETIES  
Nivea Lotion..... **299**

•Family Video Center•  
All New Releases..... **99¢**

All Other Titles..... **49¢**

ALL NEW RELEASES..... **99¢**

ALL OTHER TITLES..... **49¢**

ALL OTHER TITLES..... **49¢**

ALL OTHER TITLES..... **49¢**

Please Be  
Responsible.  
Don't Drink  
& Drive

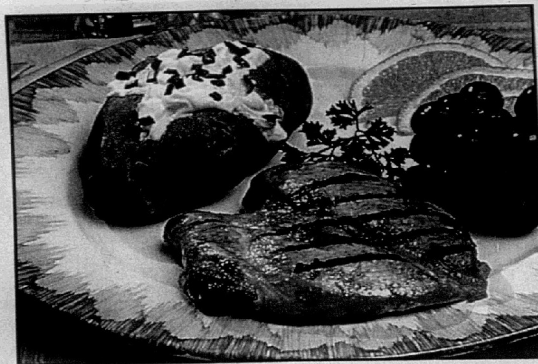
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# Shop 'n Save®



**Plain and simple**

You save money every time you shop with Shop 'n Save's everyday low prices. Plus you save even more with 1,000's of weekly Red Tag Values. Shop 'n Save has the best value in town. Plain and simple.



## CHUBBY CHICKEN, FRESH Boneless Skinless Chicken Breast

# 187

lb.

LIMIT 3 PACKAGES



SEAFOOD DEPARTMENT  
Farm Fresh  
Catfish Nuggets

**159**  
lb.

SEAFOOD DEPARTMENT  
Wild Alaskan  
Whitefish Fillets **159**  
lb.

SEAFOOD DEPARTMENT  
50-60 COUNT  
Shell-on  
Shrimp **499**  
lb.

SEAFOOD DEPARTMENT  
Flash Frozen  
Halibut Steaks... **499**  
lb.



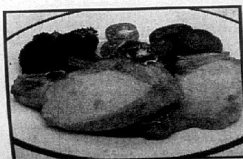
RIB OR LOIN END  
Pork Loin  
Roast

**149**  
lb.

1/4 PORK LOIN SLICED INTO  
Pork  
Chops... **179**  
lb.

STICKS OR PORTIONS  
Gorton's Value  
Pack Fish... **297**  
lb.

BAKERY DEPARTMENT  
Hot Dog  
Buns... **99¢**  
per



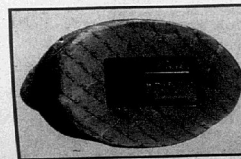
FAMILY PACK  
Center Cut  
Rib Pork Chops

**229**  
lb.

STICKS OR PORTIONS  
Van De Kamp  
Breaded Fish... **2/\$5**  
1.5 LB. PER

ALL VARIETIES  
Seitz  
Bologna... **119**  
1.5 LB. PER

Edmond's  
Beef Chili... **2/\$3**  
1.5 LB. PER



BONE-IN  
Cooks Shank  
Portion Ham

**99¢**  
lb.

CENTER CUT  
Cooks  
Ham Steak... **299**  
lb.

SHOP 'N SAVE  
Pork  
Sausage... **2/\$3**  
1.5 LB. PER

Jennie-O  
Ground Turkey... **89¢**  
1.5 LB. PER



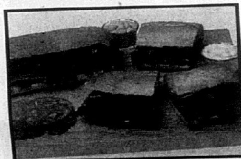
5-6 LB. AVG.  
Golden Acre  
Turkey Breast

**97¢**  
lb.

Farmland  
Sliced Bacon... **189**  
1.5 LB. PER

Hillshire  
Smoked Sausage **199**  
1.5 LB. PER

REGULAR OR LITE,  
Hygrade Ballpark  
Franks... **179**  
1.5 LB. PER



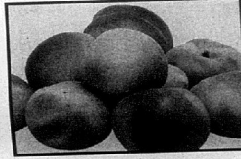
DELI DEPARTMENT  
CORNED BEEF, ITALIAN BEEF,  
PASTRAMI OR  
Manda Roast Beef

**399**  
lb.

DELI DEPARTMENT  
PEPPER OR HONEY  
Jennie-O  
Turkey Breast... **399**  
lb.

BAKERY DEPARTMENT  
Glazed  
Donuts... **199**  
12-CZ PER

BAKERY DEPARTMENT  
Italian or Rye  
Bread... **99¢**  
12-CZ PER



IMPORTED  
Peaches, Plums  
or Nectarines

**98¢**  
lb.

113-COUNT SIZE  
WASHINGTON STATE  
Red or Golden  
Delicious Apples **78¢**  
lb.

TEXAS, 48-COUNT  
Rio-Star Red  
Grapefruit... **4/98**  
12-CZ PER

Northwest  
Anjou Pears... **78¢**  
lb.



113-COUNT  
California Navel  
Oranges

**8/98**

Mann's Broccoli  
& Cauliflower... **198**  
1.5 LB. PER

TUSCANY, VERONA  
OR MEDITERRANEAN  
Dole  
Special Blends... **168**  
1.5 LB. PER

5-a Day For  
Better Health



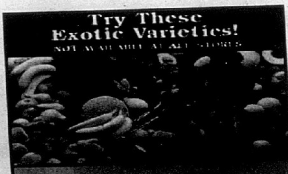
FRESH 1  
Peeled Baby  
Carrots

**188**  
2-LB. BAG

Cello  
Red Radishes... **78¢**  
1.5 LB. PER

BUNCHES  
California  
Green Onions... **3/98**  
1.5 LB. PER

AUDUBON PARK  
Wild  
Birdseed... **288**  
10-LB. BAG



Try These  
Exotic Varieties!

NOT AVAILABLE AT ALL STORES

Eggroll... **148**  
1.5 LB. PER

Fresh Portabella  
Mushrooms... **198**  
1.5 LB. PER

Fresh  
Cilantro... **98¢**  
1.5 LB. PER

Sno-White  
Bean Sprouts... **68¢**  
1.5 LB. PER

Fresh  
Jicama... **98¢**  
1.5 LB. PER

ASSORTED VARIETIES  
Melissa  
Fresh Herbs... **198**  
1.5 LB. PER

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# AUTOMOTIVE

**GMC's Sportside  
Sonoma is a  
sports-car  
pickup**



By Tom Strongman

GMC scored a coup last year with a sporty Sonoma pickup that feels like a sports car when you hustle it around a freeway exit ramp like Mario Andretti.

It's back this year, but even better because it has a new instrument panel, second-generation air bags for both driver and passenger and a new front face that looks cleaner and smoother.

Officially called the Sonoma Sportside, this little rascal sits low on its haunches, with fat 16-inch tires poking out from under its Sportside rear fenders. It looks like the kind of street runner hot-rodders would drive to keep the wear and tear off of their custom car.

What was the genesis of the Sportside? Let's face it, most compact pickup trucks are the modern-day equivalent of the sports car, and they are used for daily transportation, like commuting. That being the case, why not build one that behaves more like a sports coupe in everyday driving?

The magic numbers here are 208, the factory code for the Sport suspension. When that option is selected you get 6-inch-wide aluminum wheels, low-profile tires and recalibrated springs, shocks and anti-roll bars. Structural reinforcements - in the form of a center driveshaft bearing support and a single-piece rear shock absorber cross member - keep the frame from flexing. That in turn keeps the wheels in solid contact with the road. Even the power steering gets more road feel and a quicker ratio.

While that may seem like too much technical information, what's important is how well it works. In most cases you never would know you're driving a truck. The ride is pliant but firm, and it does not bounce or jar you like some empty pickups do. On the highway it is as composed as the family sedan (better

than some, actually). It loves twisting roads, because it clings to the pavement like socks to the inside of the clothes dryer.

Last year you had to order the 4.3-liter V-6 engine if you wanted the Sport suspension, which makes sense since it is more fun to drive with 175 horsepower under foot. This year, however, buyers who choose economy over power can choose the 2.2-liter, four-cylinder Vortec 2200. Even though this engine has only 120 horsepower, it is rated at 22 mpg city, 28 highway, vs. 17 city and 23 highway for the V-6. The four-cylinder also would be a better choice for younger drivers.

Our extended-cab test truck was equipped with the Vortec V-6, an engine that has good low-end response. The five-speed manual transmission is fun to drive, but the linkage transmits a fair amount of noise and vibration into the shift lever, especially when you



drive it hard. Because the automatic is quick and smoother, I would choose it for everyday use and give up the small loss in performance.

The new dashboard is a significant improvement over last year. Dual air bags

are standard, as is a switch that allows the passenger-side bag to be turned off. A new set of gauges are housed in a large, semi-circular hood behind the steering wheel, where they can be read quickly and easily. Angling the center section of the dash toward the driver puts controls for the radio and heater closer to the driver.

A new console separates the front bucket seats, which are configured to hold the driver securely, although I would prefer longer bottom cushions for better under-thigh support.

New door panels have large map pockets and molded-in cup holders that supplement the two already in the center console.

Small trucks without extended cabs are rather confining. The Sonoma's longer cab is made even more useful by a small third door. Located on the driver's side and hinged at the rear, it provides access to the space behind the front seats. You can put dogs, kids or even suitcases back there, although the fold-down seat is only big enough for a very small child. Mostly the door means you don't have to tip the seat forward or reach around it to get something out.

Creating a small truck with street-rod looks and the footwork of a sports coupe is smart, since so many pickups are driven like cars.

The base price of our test truck was \$16,176. It was equipped with the \$3,947 option package, which included the Sportside body, SLS decor, 4.3-liter V-6, AM/FM stereo cassette, air conditioning, tilt wheel, cruise control and Sport suspension.

Additional options of the third door and high-back bucket seats brought the sticker price to \$19,649.

The standard warranty is for three years or 36,000 miles.

Point: The Sonoma Sportside looks slick and handles more like a sports coupe than a pickup truck.

Counterpoint: The five-speed's gearshift linkage is notchy and amplifies the transmission's noise.

## Chevy's namesake was racer, engineer, mechanic

By Rick Stott

Chevrolet has long been one of the most successful automobile brands ever. The company's namesake, however, was a struggling racing driver who was associated with the company only briefly and became better known for his disasters than his successes.

In his later years, after the Chevrolet car challenged even the mighty Ford for the hearts of American motorists, Louis Chevrolet was reduced to working on an assembly line, along with the other blue-collar employees building Chevrolet.

Louis Chevrolet was born in Switzerland in 1878. His family moved to France when he was still a boy. As a young man he went to Canada, seeking work in the burgeoning auto industry, and ended up in New York. There he worked as a mechanic and eventually got a chance to drive an imported Fiat in an auto race.

That began a chain of successes, near-misses and solid hits that made Chevrolet one of the best-known racing drivers in the U.S. He is lucky to have survived those days of racing, in which the cars were brutish but produced far more horsepower than the tires, suspension and steering components often could handle. One historic account estimates Chevrolet spent three years of his 15-year driving career in hospitals.

The early days of the century were full of experimentation and innovation. Chevrolet had a sharp mechanical mind that was put to use assisting in the designs of racing and street machines.

Eventually he came to know William Durant, the tycoon who was forming what soon became known as General Motors. Chevrolet developed the concept for a light street car that emulated the more advanced cars being made in Europe at the time. This car became the first production machine known as a Chevrolet. It was a 1912 model with a 200-cubic-inch, 40-horsepower engine. Production totaled 2,999.

It didn't take long for Chevrolet, well-known for his terrible temper, to part with Durant over the dream of being followed by the Chevrolet brand. General Motors ended up with his name, and Chevrolet ended up with nothing more to show for his unbelievable contribution to automotive history.

By 1920 the Chevrolet company sold 150,000 cars a year. In 1925 production exceeded 500,000.

Chevrolet the racing driver won many major races but always fell just short of winning the big one, the Indianapolis 500, which was won by his brother Gaston in 1920. Gaston was killed in a racing accident later that year.

Chevrolet continued to develop cars and engine components for other companies. He was involved in a promising plan to produce aircraft engines, but the Depression hit before that effort could get off the ground, literally or figuratively.

In 1933 Chevrolet went to work in a Chevrolet plant as a journeyman mechanic. As the Depression faded, he again found work as an engineer. He suffered declining health, however, and died in 1941.

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**1995 GMC Sierra** - w/camper shell

**1995 Ford F150** - Ext. Cab, Great Family Truck

**1994 GMC Safari** - Conversion Van, Black w/tan interior

**Choose From 5 Sport Utility Vehicles**

**1995 GMC Yukon** - Like New, Priced To Sell

**1993 - Chevy Blazer** - loaded

**1992 - Ford Explorer** - 4x4, low miles

**1985 - Ford Bronco** - Red & White

**1991 Chevy S-10 Blazer** - 2 W.D., 4 Dr., Like New, Must Sell

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**1996 Plymouth Neon** - All White, Auto

**1996 Ford Aspire** - Great Car

**1993 Dodge Spirit** - V-6, Emerald Green, Loaded, 2 other to choose from

**1993 Dodge Intrepid** - 30,xxx miles, red, come & drive me

**1993 Chevy Lumina** - Z-34, exc.-cond. Must See

**1992 Firebird** - White, Low Miles, T-Tops, Very Sharp

**1992 Chevy S-10** - beautiful color

**1996 Dodge Inade Pace Truck** - Blue & White, Must See

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TO: ROBERT B. HUGH, SUE HUGH, HAROLD MORRISON, NAACNA BANK, MADISON, CITY OF GRANITE CITY, MISSOURI.

Persons in occupancy or actual possession of said property, underwritten parties or parties interested in said lands or lots, and County Clerk, a petition for the dissolution of said partnership.

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**TAKE NOTICE**  
**CERTIFICATE NO. 17-046764**

TO: EUGENE T. LANDRESS, STILLA V. LANDRESS, LINDA CLARK, MADISON COUNTY TAXPAYER, 307 E. CLARKBITE MEDICAL CENTER,

**15 Yrs. Experience**  
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**345-3884**

Persons in occupancy or actual possession of said property, and owners or parties interested in said lands or lots, and the County Clerk, A petition for the sale of the lands and premises hereinafter described, by the Clerk of said Madison County, Tennessee, to wit: EUGENE T. LANDRESS, STILLA V. LANDRESS, LINDA CLARK, MADISON COUNTY TAXPAYER, on or about January 11, 1994, at 11:30 AM the petitioner will make application to such Court and said Court will make an order for the sale of the lands and premises hereinafter described. The property is located in 0005 DELIN ST., Nashville, Tennessee 37203. The property was sold on 12/19/93 for \$255,000.00. The property was sold for the 1993-1994 tax year for \$1,000.00. The petition for redemption was filed on 6/26/94. The petition for redemption was filed for the year 1994. The petition for redemption was filed for the year 1994. The petition for redemption was filed for the year 1994.

06 (C) 2/94 345-3884

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Plating Company for violation of state air pollution rules. The company has been fined a \$50,000 civil settlement agreement. The parties agree that a hearing is not required, and in fact, the state law has no requirement that the settlement be adopted without holding a public hearing.

Any person claiming that a hearing was held may demand a public hearing in this case by filing a written hearing request with the Pollution Control Board of Illinois on or before the publication of this notice. The hearing request should be filed with the Clerk of the State of Illinois, Office of the Secretary, State Capitol, Room 1555, Springfield, Illinois 62762. The hearing request should be mailed to the Clerk of the State of Illinois, Office of the Secretary, State Capitol, Room 1555, Springfield, Illinois 62762. Additional copies can be obtained through the Office of the Clerk at 312/343-3639.

Clair A. Manning  
Chairman

11-14-92

**INVITATION TO BID**  
The Granite City Housing Authority will be accepting sealed bids for:

**TRUCK**

**ROOFING**  
All Types of Roofing. Quarter Size. A Better Roof. Cheaper than a new roof. Call for a free estimate. For a list of insured contractors, call 868-8886.

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From roofing to remodeling. For a list of insured contractors, call 452-7575.

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Electrical, plumbing, heating, air conditioning, repairs, acoustic ceiling, drywall, painting, and appliances. Call 618-452-7506.

**SAVE NOW! On all home improvements, including: painting, roofing, fencing, deck, landscaping, and more. Licensed and insured. Leave no job unimproved. Leave no job unfinished. Call 297-1111**

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Bids forms and specifications can be obtained at the Granite City Housing Authority, 1800 Kirkpatrick Homes, Granite City, Illinois, between 8:30am and 9:00am, Monday through Friday or by calling (618) 676-2792.  
Bids must be in sealed envelopes and clearly marked "BID". Sealed bids will be received until noon opening. Bids are to be submitted to the Executive Director's office no later than 10:00am on Tuesday, February 2, 1998, at which time they will be publicly opened and read.

The Granite City Housing Authority reserves the right to reject any bid or to waive any informalities in the bidding. No bid shall be withdrawn for a period of thirty days after submission to the agency.  
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**GRANITE CITY HOUSING AUTHORITY**  
Michael J. McKeon, Executive Director  
GC#1 2/22, 2/23/01

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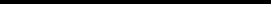
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